

# **Allergy Free Grains**

**Includes vision and physical accessibility notes**

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**Previously published as Coffee, Tea, and Gluten Free: The Cookbook by April D Brown.**

**Cover is a composite of Pixabay pictures.**

## Acknowledgements

Writing a cookbook is something I never dreamed I would need to do. I was once so organized, and memorized everything I read. Before brain damage. Now, I forget names, faces, and anything not written, down. And even those things that are written on occasion.

A tremendous thank you to all who offer help that often you never see the results of. Years later, even decades later, those you help will remember the assistance you gave.

May this cookbook inspire others to want to cook and write.

	3
<b>Acknowledgements</b>	<b>2</b>
<b>Grain</b>	<b>5</b>
<b>Biscuits</b>	<b>6</b>
<b>Biscuit Gravy</b>	<b>9</b>
<b>Bread</b>	<b>12</b>
<b>Cornbread</b>	<b>15</b>
<b>Pancakes</b>	<b>18</b>
<b>Pasta</b>	<b>21</b>
<b>Pizza</b>	<b>23</b>
<b>Breakfast Meat Pizza</b>	<b>24</b>
<b>Breakfast Sweet Pizza</b>	<b>27</b>
<b>Combo Pizza</b>	<b>30</b>
<b>Meat Pizza</b>	<b>34</b>
<b>Mexican Pizza</b>	<b>38</b>
<b>Pepperoni Pizza</b>	<b>41</b>
<b>Vegetable Pizza</b>	<b>44</b>
<b>Beef Pasta or Grain Dishes</b>	<b>47</b>
<b>Ground Beef Burger and Noodles *</b>	<b>48</b>
<b>Steak Beef and Noodles *</b>	<b>51</b>
<b>Meatloaf</b>	<b>54</b>
<b>Spaghetti</b>	<b>58</b>
<b>Spaghetti and Veggies</b>	<b>61</b>
<b>Tacos *</b>	<b>65</b>
<b>Chicken and Grain</b>	<b>68</b>
<b>Chicken and Dumplings</b>	<b>69</b>
<b>Chicken and Noodles</b>	<b>72</b>
<b>Chicken and Rice Stir Fry</b>	<b>75</b>
<b>Pork and Grains</b>	<b>79</b>

	4
Buried Pork Chops	80
Buried Ham Surprise	83
Pork and Noodles	86
Pork and Rice	89
Turkey and Grain	92
Turkey and Noodles	93
Turkey and Rice	96
Turkey Pot Pie	99
Turkey Chili	103
Turkey Meatloaf	106
Resources:	109
About the Author	112
Connect with Abby Brown	113

## Grain

Grain.

It quickly becomes a dirty cuss word to the gluten intolerant. So many well meaning people think that if a package is not clearly labeled wheat it is safe. For instance, a neighbor asked me to make her a white bread sandwich, ten seconds after being told I am so gluten intolerant that I cannot walk down the bread aisle.

Part of this is simple education. She didn't comprehend what was said. Educating others isn't an easy task, and not something that has to be done every time a miscomprehension is encountered.

Is any grain truly safe for the gluten intolerant?

Yes and no.

Some people are far more sensitive to grains in general, and there are far fewer grains they can safely eat.

Also:

Where was the grain stored before being shipped?

How was it shipped?

How as it stored in the factory that prepared it into food?

Were these places gluten free?

Did the grain silo, grain truck, or storage bin contain wheat only a short time before?

Was it thoroughly washed before the gluten free grain was added?

Most of the time, no one knows. The person asked will stare past the asker as if they don't exist.

For many living gluten free, it may be best to avoid grain, unless personally grown, ground, and cooked.

This isn't financially or physically feasible for everyone.

For best results, keep grain intake to a minimum to avoid unexpected contaminants that even a dedicated gluten free facility may not be able to avoid. This includes cross contamination on a store shelf.

### Grain Batter Thickness Chart

Thick and Goopy - Biscuit

Slightly Less Thick and Goopy - Bread

Firm - Cake

Thin and Goopy - Pancakes

## Biscuits

An all time favorite. This was the first bread I learned to make. I even used to use the same recipe to make boiled dumplings that couldn't be beat. At one point, I went about ten years without making them. Then, after living gluten free, I never quite got the knack of making them the way I used to. The gluten makes a difference in the consistency and flavor of the biscuits. Gluten free biscuits, without yeast, tend to be slightly tougher and smaller. They are okay, and can still be eaten with gravy made from the same flour mixture.

### Pre Cook Preparation:

- A. Timer set to the time to begin preparation prior to cooking
- B. Stay with meal to stir frequently

### Meal Adaptations:

#### Physical Accommodations:

- Electric mixer, or lightly mix and pour into the pan, allowing the baking process to complete mixing
- Large handled measuring cups and spoons
- Large handled mixing spoons

#### Visual Accommodations:

- Easily identifiable labeled ingredients
- Long oven mitts
- Brightly colored measuring cups, spoons, and bowls

### Potential Food Allergy or Intolerance:

- Butter (lactose)
- Eggs
- Flour (gluten)
- Milk (lactose)
- Sugar (diabetics)

### Meatless Preparation Avoid:

- Butter
- Eggs
- Milk
- Substitute with: \_\_\_\_\_

### Utensils:

- Measuring cups
- 2 Mixing bowls
- Microwave safe cup
- Spoon
- Toothpick (round)
- Pan: 2.5 quart glass baking pan. \*\*\*
- \*\*\* Dark glass bakes quicker, so reduce time.

\*\*\* Aluminum foil pans also bake differently and may react to acids in certain foods, such as berries.  
Some recipe sites go into further detail, if needed.

#### Ingredients:

Meat: None

Vegetables: None

#### Other ingredients:

- 1 cup baking mix (gluten free)
- 1/3 cup of butter
- 1 tablespoon cornstarch (not necessary if animal based milk used)
- 1 egg
- Dash of salt
- 2/3 cup of milk (lactose free)
- Almond, or
- Soy
- 1 tablespoon of white sugar

Preparation time: 20 minutes

#### Preparation:

1. Melt butter in microwave for 20 to 30 seconds.
2. Mix in a medium sized mixing bowl:
  - 1 cup baking mix (gluten free)
  - 1/3 cup of butter
  - 1 tablespoon cornstarch (not necessary if animal based milk used)
  - 1 egg
  - Dash of salt
  - 2/3 cup of milk (lactose free)
  - Almond, or
  - Soy
  - 1 tablespoon of white sugar
3. Mix well.
4. Grease the bottom of the baking pan lightly with butter.
5. Spoon onto greased pan.
6. Place pan in oven at 350 degrees. Set timer for about 10 minutes.
7. Use a clean toothpick to verify doneness of the cookies in the middle and on the edges. It should come out clean.
8. Allow biscuits to cool slightly removing from the pan.

Cook Temperature: 350 degrees (Varies based on pan choice and elevation for those in the mountains.)

Your temperature here: \_\_\_\_\_

Cook Time: 10 to 15 minutes, based on pan choice and elevation.

Your bake time here: \_\_\_\_\_

Servings: About 10

Storage Solutions: Square containers

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days \* Per What's Cooking America Storage Chart link in

Resources

Freezer safe: 4 to 6 months \* Per What's Cooking America Storage Chart link in

Resources

Reheat Instructions: (Good for quick thawing).

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).

2. Heat until food is warm.

3. Minimum 30 seconds.

Add your microwave time here: \_\_\_\_\_.



## Biscuit Gravy

Biscuits are great plain, or with jelly. However, many people still enjoy old fashioned biscuits and gravy. Gluten free gravy can be made with a variety of gluten free meats, including bacon, sausage, or ham as the base flavoring. Each person likes the consistency a little different, from runny to almost solid. Or with meat from almost invisible to chunky. The meat can be refried in the gluten free flour, or added afterwards. Vegetable oil may be used in the base, especially if turkey bacon or sausage is used. Gravy can be stored for a day or two and reheated.

### Pre Cook Preparation:

- A. Timer set to the time to begin preparation prior to cooking
- B. Stay with meal to stir frequently

### Meal Adaptations:

#### Physical Accommodations:

- Electric mixer, or lightly mix and pour into the pan, allowing the baking process to complete mixing
- Large handled measuring cups and spoons
- Large handled mixing spoons

#### Visual Accommodations:

- Easily identifiable labeled ingredients
- Long oven mitts
- Brightly colored measuring cups, spoons, and bowls

### Potential Food Allergy or Intolerance:

- Butter (lactose)
- Eggs
- Flour (gluten)
- Milk (lactose)
- Sugar (diabetics)

### Meatless Preparation Avoid:

- Butter
- Eggs
- Milk
- Substitute with: \_\_\_\_\_

### Utensils:

- Measuring cups
- 2 Mixing bowls
- Microwave safe cup
- Spoon
- Toothpick (round)
- Whisk
- Pan: 8 inch frying pan

**Ingredients:****Meat: None****Vegetables: None****Other ingredients:****Pre Gravy:**

- 1 pound of sausage, or
- 1 pound of ham
- 1 pound of bacon

**Gravy:**

- 3 tablespoons baking mix (gluten free)
- 1 tablespoon cornstarch (not necessary if animal milk used)
- 1 cup of milk (lactose free)
  - Almond, or
  - Soy
- 1/4 cup crumbled fried sausage, or
- 1/4 cup crumbled fried ham
- 1/4 cup crumbled fried bacon
- Dash of salt
- 1/4 cup of vegetable oil (gluten free)

**Preparation time: 20 minutes****Preparation:**

1. Cook on medium heat in an 8 inch frying pan:
  - 1 pound of sausage, or
  - 1 pound of ham
  - 1 pound of bacon
2. Remove most of the meat and cover on a plate, or in a bowl.
3. Leave the grease in the pan.
3. Crumble 1/4 cup of the meat back into the pan and grease.
4. Add to the pan:
  - 3 tablespoons baking mix (gluten free)
  - 1 tablespoon cornstarch (not necessary if animal milk used)
  - 1 cup of milk (lactose free)
    - Almond, or
    - Soy
  - Dash of salt
  - 1/4 cup of vegetable oil (gluten free)
5. Heat to a light boil, stirring constantly.
6. Pay attention to the consistency. Take off heat just before it reaches the desired thickness.

**Cook Temperature: Medium**

**Cook Time: 15 to 20 minutes**

**Servings: About 10**

**Storage Solutions: Square containers**

**Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer**

**Fridge safe: 1 to 2 days \* Per What's Cooking America Storage Chart link in**

**Resources**

**Freezer safe: 4 to 6 months \* Per What's Cooking America Storage Chart link in**

**Resources**

**Reheat Instructions: (Good for quick thawing)**

**Microwave: Time and temp may vary.**

**1. Place in a microwave safe dish (not plastic).**

**2. Heat until food is warm.**

**3. Minimum 30 seconds.**

**Add your microwave time here: \_\_\_\_\_.**

## Bread

Homemade bread. From scratch, or a mix, the gift of flavor, taste, and one of many dishes that may be adjusted in a million ways to make a delicious treat. People living gluten free no longer have to settle for dry, stale, crumbs in place of the bread they remember. Making a light tasty bread isn't difficult. This recipe can easily be turned into banana nut or zucchini bread with the addition of 1 cup chopped bananas, or 1 cup zucchini, and 1/2 cup of chopped nuts. Or a delightful breakfast bread with the addition of brown sugar and cinnamon.

### Pre Cook Preparation:

- A. Timer set to the time to begin preparation prior to cooking
- B. Stay with meal to stir frequently

### Meal Adaptations:

#### Physical Accommodations:

- Electric mixer, or lightly mix and pour into the pan, allowing the baking process to complete mixing
- Large handled measuring cups and spoons
- Large handled mixing spoons

#### Visual Accommodations:

- Easily identifiable labeled ingredients
- Long oven mitts
- Brightly colored measuring cups, spoons, and bowls

### Potential Food Allergy or Intolerance:

- Butter (lactose)
- Eggs
- Flour (gluten)
- Milk (lactose)
- Sugar (diabetics)

### Meatless Preparation Avoid:

- Butter
- Eggs
- Milk
- Substitute with: \_\_\_\_\_

### Utensils:

- Measuring cups
- 2 Mixing bowls
- Microwave safe cup
- Spoon
- Toothpick (round)
- Pan: 2.5 quart glass baking pan. \*\*\*
- \*\*\* Dark glass bakes quicker, so reduce time.

\*\*\* Aluminum foil pans also bake differently, and may react to acids in certain foods, such as berries.  
Some recipe sites go into further detail, if needed.

#### Ingredients:

Meat: None

Vegetables: None

#### Other ingredients:

- 2 cups baking mix (gluten free)
- 1/2 cup of butter
- 1 teaspoon cornstarch (not necessary if animal based milk used)
- 3 eggs
- 1/2 cup of milk (lactose free)
- Almond, or
- Soy
- 1 teaspoon salt
- 1 tablespoon of white sugar
- 1 cup warm water
- 1 packet of yeast

Preparation time: 25 minutes

#### Preparation:

1. Heat 1 cup of water to warm in microwave.
2. Pour warm water into mixing bowl and add:
  - 1 tablespoon of white sugar
  - 1 packet of yeast
3. Stir gently and let rise for 10 to 12 minutes.
4. In a separate mixing bowl add:
  - 2 cups gluten free baking mix
  - 1/2 cup of butter
  - 1 teaspoon cornstarch (not necessary if animal based milk used)
  - 3 eggs
  - 1/2 cup milk (soy or almond)
  - 1 teaspoon salt
5. Stir well.
6. After yeast reacts, add it to the larger mixing bowl mixture and mix well.
7. Pour into baking pan, cover, and place in a warm place to rise for at least one hour.
8. Once bread rises, place in oven at 350 degrees for 45 minutes to one hour.
9. Lightly place a piece of aluminum foil over the top of the pan about 10 minutes into baking to prevent burning.
10. Verify doneness with a toothpick.

Cook Temperature: 350 degrees (Varies based on pan choice and elevation for those in

the mountains.)

Your temperature here: \_\_\_\_\_

Cook Time: 40 to 60 minutes, based on pan choice and elevation.

Your bake time here: \_\_\_\_\_

Servings: About 10

Storage Solutions: Square containers

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days \* Per What's Cooking America Storage Chart link in Resources

Freezer safe: 4 to 6 months \* Per What's Cooking America Storage Chart link in Resources

Reheat Instructions: (Good for quick thawing)

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is warm.
3. Minimum 30 seconds.

Add your microwave time here: \_\_\_\_\_.

## Cornbread

Cornbread isn't gluten, right? Should be safe, right? Except. Yes, except most bakers add wheat flour to cornbread to improve its consistency. It is included in many cornbread mixes. Be aware of this when ordering meals in restaurants, as well. The servers and cooks will have no idea if flour is added to the cornbread mix. Cornbread has many varieties. Extra sugar, or honey, makes a breakfast cornbread, sometimes fried. Less sugar is in baked cornbread for chili or potato soup. A quick easy snack, as well as a sore throat softener. It freezes well in individual servings for chilly, wintery days.

### Pre Cook Preparation:

- A. Timer set to the time to begin preparation prior to cooking
- B. Stay with meal to stir frequently

### Meal Adaptations:

#### Physical Accommodations:

- Electric mixer, or lightly mix and pour into the pan, allowing the baking process to complete mixing
- Large handled measuring cups and spoons
- Large handled mixing spoons

#### Visual Accommodations:

- Easily identifiable labeled ingredients
- Long oven mitts
- Use brightly colored measuring cups, spoons, and bowls.

### Potential Food Allergy or Intolerance:

- Butter (lactose)
- Eggs
- Flour (gluten)
- Milk (lactose)
- Sugar (diabetics)

### Meatless Preparation Avoid:

- Butter
- Eggs
- Milk
- Substitute with: \_\_\_\_\_

### Utensils:

- Measuring cups
- 2 Mixing bowls
- Microwave safe cup
- Spoon
- Toothpick (round)
- Pan: 2.5 quart glass baking pan. \*\*\*

\*\*\* Dark glass bakes quicker, so reduce time.

\*\*\* Aluminum foil pans also bake differently and may react to acids in certain foods, such as berries.

Some recipe sites go into further detail, if needed.

#### Ingredients:

Meat: None

Vegetables: None

#### Other ingredients:

1/3 cup of butter

2 cups gluten free cornmeal

1 tablespoon cornstarch (not necessary if animal based milk used)

1 egg

1.5 cups of milk (lactose free)

Almond, or

Soy

1 teaspoon of salt

4 tablespoons of white sugar

Preparation time: 20 minutes

#### Preparation:

1. Melt butter in microwave for 20 to 30 seconds.

2. In a medium sized mixing bowl combine:

1/3 cup of butter

2 cups gluten free cornmeal

1 tablespoon cornstarch (not necessary if animal based milk used)

1 egg

1.5 cups of milk (lactose free)

Almond, or

Soy

1 teaspoon of salt

3. Grease the bottom of the baking pan lightly with butter.

4. Spoon onto greased pan.

5. Place greased pan in oven at 350 degrees.

Cook Temperature: 350 degrees (Varies based on pan choice and elevation for those in the mountains.)

Your temperature here: \_\_\_\_\_

Cook Time: 20 to 30 minutes, based on pan choice and elevation.

Your bake time here: \_\_\_\_\_

Servings: About 10



**Storage Solutions: Square containers**

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days \* Per What's Cooking America Storage Chart link in Resources

Freezer safe: 4 to 6 months \* Per What's Cooking America Storage Chart link in Resources

**Reheat Instructions: (Good for quick thawing)**

**Microwave:** Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is warm.
3. Minimum 30 seconds.

Add your microwave time here: \_\_\_\_\_.

## Pancakes

Pancakes are a classic breakfast food. Gluten free pancakes can now be found in the frozen food aisle of major grocery stores. Various mixes are also available. My preferred method for making pancakes is on the table top grill. The batter has to be perfect. Too runny, and it will roll right off. Too thick, and it won't cook through. Pancake dough should be less thick than cake, biscuit, or bread dough. It may also be sweeter. More liquid can be added as needed, as well as berries, or other flavorful treats. Homemade syrup is not covered in this cookbook.

### Pre Cook Preparation:

- A. Timer set to the time to begin preparation prior to cooking
- B. Stay with meal to stir frequently

### Meal Adaptations:

#### Physical Accommodations:

- Electric mixer, or lightly mix and pour onto the grill, allowing the baking process to complete mixing
- Large handled measuring cups and spoons
- Large handled mixing spoons

#### Visual Accommodations:

- Easily identifiable labeled ingredients
- Long oven mitts
- Brightly colored measuring cups, spoons, and bowls

### Potential Food Allergy or Intolerance:

- Butter (lactose)
- Eggs
- Flour (gluten)
- Milk (lactose)
- Sugar (diabetics)

### Meatless Preparation Avoid:

- Butter
- Eggs
- Milk
- Substitute with: \_\_\_\_\_

### Utensils:

- Measuring cups
- 2 Mixing bowls
- Microwave safe cup
- Spoon
- Toothpick (round)
- Pan: Tabletop grill

**Ingredients:****Meat: None****Vegetables: None****Other ingredients:**

1 teaspoon cornstarch (not necessary if animal based milk used)

1 egg

3/4 cups of milk (lactose free)

Almond, or

Soy

1.5 cups pancake mix (gluten free)

2 tablespoons of white sugar

1 tablespoon of vegetable oil

**Preparation time: 10 minutes****Preparation:**

1. Combine in a medium sized mixing bowl:

1 teaspoon cornstarch (not necessary if animal based milk used)

1 egg

3/4 cups of milk (lactose free)

Almond, or

Soy

1.5 cups pancake mix (gluten free)

2 tablespoons of white sugar

1 tablespoon of vegetable oil

2. Batter should be thin and gooey.

3. Spoon 2 small amounts on the grill.

4. Flip carefully when bubbles form all the way across the pancake.

5. Cook evenly on the second side until lightly brown and done.

**Cook Temperature: 350 degrees. (Varies based on pan choice and elevation for those in the mountains.)****Your temperature here: \_\_\_\_\_****Cook Time: 5 to 10 minutes****Servings: About 10****Storage Solutions: Square containers****Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer****Fridge safe: 3 to 4 days \* Per What's Cooking America Storage Chart link in****Resources****Freezer safe: 4 to 6 months \* Per What's Cooking America Storage Chart link in****Resources**

**Reheat Instructions: (Good for quick thawing)**

**Microwave:** Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is warm.
3. Minimum 30 seconds.

Add your microwave time here: \_\_\_\_\_

## Pasta

Spaghetti, noodles, macaroni, ravioli, and lasagna have been staples for decades. It's these comfort foods people miss the most when living gluten free. Strangers give those who can't have noodles a hard time for not eating normal. For years, cooks had to guess what gluten free flour mixture could make a good home made noodle. Now, there is a good variety of corn and rice noodles on the market. Some brands appeared, were great, and disappeared for some unknown reason. Rice and corn noodles do take a little extra care when cooking. Taste and texture are best when slow boiled.

### Pre Cook Preparation:

- A. Timer set to the time to begin preparation prior to cooking
- B. Stay with meal to stir frequently

### Meal Adaptations:

#### Physical Accommodations:

- Electric mixer, or lightly mix and pour into the pan, allowing the baking process to complete mixing
- Large handled measuring cups and spoons
- Large handled mixing spoons

#### Visual Accommodations:

- Easily identifiable labeled ingredients
- Long oven mitts
- Brightly colored measuring cups, spoons, and bowls

### Potential Food Allergy or Intolerance:

- Butter (lactose)
- Eggs
- Flour (gluten)
- Milk (lactose)
- Noodles (gluten)
- Sugar (diabetics)

### Meatless Preparation Avoid:

- Butter
- Eggs
- Milk
- Substitute with: \_\_\_\_\_

### Utensils:

- Measuring cups
- 2 Mixing bowls
- Microwave safe cup
- Spoon
- Toothpick (round)
- Pan: 8 quart cooker

**Ingredients:**

**Meat: None**

**Vegetables: None**

**Other ingredients:**

1 tablespoon butter

1 to 2 boxes (or bags) of noodles (gluten free)

Dash of salt

**Preparation time: 10 minutes**

**Preparation:**

1. Fill an 8 quart cooker 3/4 full of water.
2. Bring to boil over medium heat.
3. Add noodles while stirring. (Break spaghetti noodles into quarters).
4. Reduce heat when it returns to a boil.
5. Stir frequently. Cook until soft.
6. Drain in a strainer, and rinse with cool water.

**Cook Temperature: Medium to low heat**

**Cook Time: 20 to 30 minutes**

**Servings: 4 to 5**

**Storage Solutions: Square containers**

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days \* Per What's Cooking America Storage Chart link in

Resources

Freezer safe: 4 to 6 months \* Per What's Cooking America Storage Chart link in

Resources

**Reheat Instructions: (Good for quick thawing)**

**Microwave: Time and temp may vary.**

1. Place in a microwave safe dish (not plastic).
2. Heat until food is warm.
3. Minimum 30 seconds.

Add your microwave time here: \_\_\_\_\_

## Pizza

Pizza is another dish that many living gluten free think is no longer available.

Some pizza restaurants are now offering gluten free crusts. Cross contamination is a real possibility, especially on pans and slicers.

There are some excellent starter crusts available in the freezer section and even dry mix pizza crusts that can be made at home.

There are four basic kinds of pizza: meat, vegetable, combo, and dessert. Meat, vegetable, and combo are the most common. They are also the most filling and a great way to use up leftovers.

Some of the newer types of pizzas exist, such as fruit or dessert. Some fruit pizzas are baked, especially the apple and cinnamon one. Dessert pizzas can cover a wide range of choices. Many gluten filled recipes can be adapted to a gluten free crust.

One aspect to be careful with when making pizza is other food allergies and intolerances. Tomato sauce, the base, can be a problem for many people. Mushrooms, onions, and allergies to dyes in processed meats, are other serious concerns.

## Breakfast Meat Pizza

Breakfast pizza is a treat created from breakfast leftovers. A base of vegetable oil and refried beans is gentler than tomato sauce. Can be baked at night, and ready to be eaten either cold, or hot, the next day while traveling. Sausage, bacon, and eggs should be cooked to done before going onto the pizza. Scrambled eggs can be added on top of the pizza after baking. Vegetables can be included to create an open faced omelet. For omelet style ingredients, add cheese, diced onions, ham, and mushrooms. This should be a lighter pizza, and bake faster than thicker pizzas.

### Pre Cook Preparation:

- A. Timer set to thaw meat for about 2 hours
- B. Timer set for preparation time set for 30 minutes before you plan to put the food in the oven
- C. Stay with meal

### Meal Adaptations:

#### Physical Accommodations:

- Electric mixer, or lightly mix and pour into the pan, allowing the baking process to complete mixing
- Frozen or canned vegetables can be used
- Large handled measuring cups and spoons
- Large handled mixing spoons

#### Visual Accommodations:

- Easily identifiable labeled ingredients
- Long oven mitts
- Brightly colored measuring cups, spoons, and bowls

### Potential Food Allergy or Intolerance:

- Bacon
- Beef
- Cheese (lactose)
- Eggs
- Flour
- Mushrooms
- Onions
- Pepper
- Pepperoni
- Peppers
- Pizza sauce (tomatoes)
- Pork
- Spices
- Turkey



**Meatless Preparation Avoid:**

Bacon  
 Beef  
 Cheese  
 Eggs  
 Pepperoni  
 Pork  
 Turkey

Substitute with: \_\_\_\_\_

**Utensils:**

Cutting board  
 Knife  
 Measuring cups  
 Mixing bowl  
 Microwave safe cup  
 Spoon

**Pan:**

To cook meat: oven safe pan, or frying pan

To bake pizza: a large pizza pan

**Ingredients:****Meat:**

1/4 cup chopped bacon

1/4 cup chopped sausage

1/2 cup scrambled eggs

**Optional:**

1/4 cup chopped ham

**Vegetables:****Optional:**

3 ounces of sliced mushrooms

1/4 cup diced onions

**Other ingredients:**

4 ounces of shredded cheese (gluten and lactose free)

1 large pizza crust (gluten free)

3.5 ounces of pizza sauce (1/4 of a 14 ounce jar)

**Preparation time: 20 minutes**

**Preparation:****Pre Pizza Preparation:**

1. Cook one or more of the following:

1/4 cup chopped bacon

1/4 cup chopped sausage

1/2 cup scrambled eggs

Optional:  
1/4 cup chopped ham

**Pizza Preparation:**

1. Place the frozen pizza crust on the pizza pan.
2. Spoon and spread 3.5 ounces of pizza sauce (1/3 of a 14 ounce jar) on the crust.
3. Sprinkle 2 ounces of shredded cheese on the crust. About 1/4 of a bag.
4. Chop and spread meat ingredients across the crust. Choose all or some of the following:
  - 1/4 cup chopped bacon
  - 1/2 cup scrambled eggs
  - 1/4 cup chopped sausage
- Optional:
  - 1/4 cup chopped ham
  - 3 ounces of sliced mushrooms
  - 1/4 cup diced onions
5. Sprinkle remaining 2 ounces of cheese on top.
6. Place pan in oven and set timer.

**Cook Temperature:** 425 degrees

**Cook Time:** About 17 to 18 minutes. It takes longer the more ingredients used.

**Servings:** 2 to 4

**Storage Solutions:** Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 1 to 2 days \*\* Per [What's Cooking America Storage Chart link in Resources](#)

Freezer safe: 2 to 3 months \*\* Per [What's Cooking America Storage Chart link in Resources](#).

**Reheat Instructions:**

**Microwave:** Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: \_\_\_\_\_

**Stove Top:** Not recommended

**Oven Directions:** Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 15 minutes.

Add your oven time here: \_\_\_\_\_

## Breakfast Sweet Pizza

This breakfast pizza is almost a dessert pizza. The simplest is an apple and cinnamon pizza. No pizza sauce is used. For this pizza, use applesauce as the base. Other fruits can be used. However, their bake times may be much shorter. For a mixed berry pizza, use jelly or jam as sauce. For this style of pizza, a fully cooked pizza crust may be needed. If baking the crust first, watch it to be sure it is done. Allow it to cool a little before adding sauce and fruit, and returning to the oven to finish baking, if needed.

### Pre Cook Preparation:

- A. Timer set to thaw meat for about 2 hours
- B. Timer set for preparation time set for 30 minutes before you plan to put the food in the oven
- C. Stay with meal

### Meal Adaptations:

#### Physical Accommodations:

- Electric mixer, or lightly mix and pour into the pan, allowing the baking process to complete mixing
- Frozen or canned vegetables can be used
- Large handled measuring cups and spoons
- Large handled mixing spoons

#### Visual Accommodations:

- Easily identifiable labeled ingredients
- Long oven mitts
- Brightly colored measuring cups, spoons, and bowls

#### Potential Food Allergy or Intolerance:

- Apples (fructose)
- Applesauce (fructose)
- Butter (lactose)
- Cinnamon
- Flour (gluten)
- Spices
- Sugar (diabetics)

#### Meatless Preparation Avoid:

- Butter
- Substitute with: \_\_\_\_\_

**Utensils:**

Cutting board  
Knife  
Measuring cups  
Mixing bowl  
Spoon  
Toothpick (round)  
Pan: A large pizza pan

**Ingredients:**

**Meat:** None

**Vegetables:** None

**Other ingredients:**

2 apples diced  
1/2 cup applesauce  
2 tablespoons of brown sugar  
1 tablespoon of cinnamon  
1 large pizza crust (gluten free)

**Preparation time:** 20 minutes

**Preparation:**

1. Place the frozen pizza crust on the pizza pan.
2. Bake pizza crust to almost done.
3. Wash and dice 2 apples.
4. Place in mixing bowl with 1 tablespoon cinnamon and 2 tablespoons brown sugar.
5. Stir well. Add a tablespoon of melted butter if needed.
6. Allow crust to cool to touchable.
7. Spoon and spread 1/2 cup of applesauce onto the crust.
8. Spread apple, cinnamon, and brown sugar lightly across the applesauce.
9. Place pan in oven and set timer for 5 minutes.

**Cook Temperature:** 425 degrees (for crust) and 325 degrees (for fruit)

**Cook Time:** About 8 to 10 minutes (for crust) and about 5 minutes (for fruit)

**Servings:** 2 to 4

**Storage Solutions:** Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 1 to 2 days \*\* Per What's Cooking America Storage Chart link in Resources

Freezer safe: 2 to 3 months \*\* Per What's Cooking America Storage Chart link in Resources

**Reheat Instructions:**

**Microwave:** Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: \_\_\_\_\_.

**Stove Top:** Not recommended

**Oven Directions:** Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: \_\_\_\_\_.

## Combo Pizza

A combo pizza is almost an empty the fridge pizza. A treat that is never the same twice. Almost any combination of meat and vegetables will work, as long as they aren't known food allergens. The thicker the pizza toppings, the longer it needs to bake. If frozen ingredients are used, especially diced onions, some ingredients may not fully heat in the normal bake time. A quick 20 to 30 second thaw in a covered microwave safe bowl will help. Use caution heating onions. They burn quickly. Also, be sure any meat ingredients are fully cooked before placing on the pizza.

### Pre Cook Preparation:

- A. Timer set to thaw meat for about 2 hours
- B. Timer set for preparation time set for 30 minutes before you plan to put the food in the oven
- C. Stay with meal

### Meal Adaptations:

#### Physical Accommodations:

- Electric mixer, or lightly mix and pour into the pan, allowing the baking process to complete mixing
- Frozen or canned vegetables can be used
- Large handled measuring cups and spoons
- Large handled mixing spoons

#### Visual Accommodations:

- Easily identifiable labeled ingredients
- Long oven mitts
- Brightly colored measuring cups, spoons, and bowls

#### Potential Food Allergy or Intolerance:

- Beef
- Cheese (lactose)
- Flour (gluten)
- Mushrooms
- Onions
- Pepper
- Pepperoni
- Peppers
- Pizza sauce (tomatoes)
- Pork
- Spices
- Turkey

**Meatless Preparation Avoid:****Beef****Cheese****Pepperoni****Pork****Turkey****Substitute with:** \_\_\_\_\_**Utensils:****Cutting board****Knife****Measuring cups****2 Mixing bowls****Microwave safe cup****Spoon****Toothpick (round)****Pan:****To cook meat: oven safe pan, or frying pan****To bake pizza: a large pizza pan****Ingredients:****Meat:****2 ounces of beef crumbles (1/3 cup fresh scrambled burger)****3 ounces of sliced pepperoni (beef and pork, or turkey)****2 ounces of Italian sausage crumbles****3 ounces chopped Italian sausage links****3 ounces of chopped mini sausages****Optional:****1/4 cup chopped bacon****1/4 cup chopped chicken****1/4 cup chopped ham****1/4 cup chopped lunch meats****1/4 cup chopped sausage****1/4 cup chopped steak****Vegetables:****4 ounces of sliced mushrooms****1/4 cup diced onions****1/4 cup diced yellow squash****1/4 diced zucchini****Optional:****1/4 cup of corn****1/4 cup diced red or green peppers**

**Other ingredients:**

- 4 ounces of shredded cheese (gluten and lactose free)
- 1 large pizza crust (gluten free)
- 3.5 ounces of pizza sauce (1/4 of a 14 ounce jar)

**Preparation time: 20 minutes**

**Preparation:****Pre Pizza Preparation:**

1. Cook any of the following meats:
    - 1/3 cup fresh scrambled burger
    - 1/4 cup chopped bacon
    - 1/4 cup chopped chicken
    - 1/4 cup chopped sausage
    - 1/4 cup chopped steak
  2. Slice or dice any of the following ingredients:
    - 2 ounces of beef crumbles (1/3 cup fresh scrambled burger)
    - 4 ounces of sliced mushrooms
    - 1/4 cup diced onions
    - 3 ounces of sliced pepperoni (beef and pork, or turkey)
    - 2 ounces of Italian sausage crumbles
    - 3 ounces chopped Italian sausage links
    - 3 ounces of chopped mini sausages
    - 1/4 cup diced yellow squash
    - 1/4 cup diced zucchini
- Optional:**
- 1/4 cup chopped bacon
  - 1/4 cup chopped chicken
  - 1/4 cup chopped ham
  - 1/4 cup chopped lunch meats
  - 1/4 cup diced red or green peppers
  - 1/4 cup chopped sausage
  - 1/4 cup chopped steak

**Pizza Preparation:**

1. Place the frozen pizza crust on the pizza pan.
2. Spoon and spread 3.5 ounces of pizza sauce (1/2 of a 14 ounce jar) on the crust.
3. Sprinkle 2 ounces of shredded cheese on the crust. About 1/4 of a bag.
4. Chop and spread ingredients across the crust. Choose all or some of the following:
  - 2 ounces of beef crumbles (1/3 cup fresh scrambled burger)
  - 4 ounces of sliced mushrooms
  - 1/4 cup diced onions
  - 3 ounces of sliced pepperoni (beef and pork, or turkey)
  - 2 ounces of Italian sausage crumbles
  - 3 ounces chopped Italian sausage links
  - 3 ounces of chopped mini sausages



1/4 cup diced yellow squash

1/4 cup diced zucchini

Optional:

1/4 cup chopped bacon

1/4 cup chopped chicken

1/4 cup of corn

1/4 cup chopped ham

1/4 cup chopped lunch meats

1/4 cup diced red or green peppers

1/4 cup chopped sausage

1/4 cup chopped steak

6. Sprinkle remaining 2 ounces of cheese on top.

7. Place pan in oven and set timer.

**Cook Temperature:** 425 degrees

**Cook Time:** About 18 to 20 minutes. It takes longer the more ingredients used.

**Servings:** 2 to 4

**Storage Solutions:** Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 1 to 2 days \*\* Per *What's Cooking America* Storage Chart link in Resources

Freezer safe: 2 to 3 months \*\*\* Per *What's Cooking America* Storage Chart link in Resources

**Reheat Instructions:**

**Microwave:** Time and temp may vary.

1. Place in a microwave safe dish (not plastic).

2. Heat until food is fully hot and reaches a safe temperature.

3. Minimum 2 minutes.

Add your microwave time here: \_\_\_\_\_.

**Stove Top:** Not recommended

**Oven Directions:** Time and Temp may vary.

1. Place in oven safe pan.

2. Add a little water.

3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: \_\_\_\_\_.

## Meat Pizza

Basically, if it's cooked meat, it can be on the pizza. Beef crumbles can be bought already prepared, or made ahead of time from fresh fried turkey or beef burger. Use chunk chicken, or a cooked, left over, chopped chicken breast. Other meats, such as beef mini sausages, Italian sausage, pork sausage, chicken sausage, steak, ham, ribs, pork chops, and even chopped roast can be used. Some prepared meats may be over spiced, use with caution. Seafood pizza has to be made carefully, and will not be covered in this cookbook. No two pizzas ever have to be the same.

### Pre Cook Preparation:

- A. Timer set to thaw meat for about 2 hours
- B. Timer set for preparation time set for 30 minutes before you plan to put the food in the oven
- C. Stay with meal

### Meal Adaptations:

#### Physical Accommodations:

- Electric mixer, or lightly mix and pour into the pan, allowing the baking process to complete mixing
- Frozen or canned vegetables can be used
- Large handled measuring cups and spoons
- Large handled mixing spoons

#### Visual Accommodations:

- Easily identifiable labeled ingredients
- Long oven mitts
- Brightly colored measuring cups, spoons, and bowls

#### Potential Food Allergy or Intolerance:

- Beef
- Cheese (lactose)
- Flour (gluten)
- Mushrooms
- Onions
- Pepper
- Pepperoni
- Peppers
- Pizza sauce (tomatoes)
- Pork
- Spices
- Turkey

**Meatless Preparation Avoid:**

Beef  
Cheese  
Pepperoni  
Pork  
Turkey

Substitute with: \_\_\_\_\_

**Utensils:**

Cutting board  
Knife  
Measuring cups  
Mixing bowl  
Microwave safe cup  
Spoon  
Toothpick (round)

**Pan:**

To cook meat: oven safe pan, or frying pan  
To bake pizza: a large pizza pan

**Ingredients:****Meat:**

2 ounces of beef crumbles (1/3 cup fresh scrambled burger)  
3 ounces of sliced pepperoni (beef and pork, or turkey)  
2 ounces of Italian sausage crumbles  
3 ounces chopped Italian sausage links  
3 ounces of chopped mini sausages

**Optional:**

1/4 cup chopped bacon  
1/4 cup chopped chicken  
1/4 cup chopped ham  
1/4 cup chopped lunch meats  
1/4 cup chopped sausage  
1/4 cup chopped steak

**Vegetables:****Optional:**

3 ounces of mushrooms  
1/4 cup diced onions

**Other ingredients:**

4 ounces of shredded cheese (gluten and lactose free)  
1 large pizza crust (gluten free)  
3.5 ounces of pizza sauce (1/4 of a 14 ounce jar)

**Preparation time: 20 minutes**

**Preparation:****Pre Pizza Preparation:**

1. Cook any of the chosen meats:
    - 1/3 cup fresh scrambled burger
    - 1/4 cup chopped bacon
    - 1/4 cup chopped chicken
    - 1/4 cup chopped sausage
    - 1/4 cup chopped steak
  2. Slice or dice any of the chosen ingredients:
    - 2 ounces of beef crumbles (1/3 cup fresh scrambled burger)
    - 4 ounces of sliced mushrooms
    - 1/4 cup diced onions
    - 3 ounces of sliced pepperoni (beef and pork, or turkey)
    - 2 ounces of Italian sausage crumbles
    - 3 ounces chopped Italian sausage links
    - 3 ounces of chopped mini sausages
    - 1/4 cup diced yellow squash
    - 1/4 diced zucchini
- Optional:
- 1/4 cup chopped bacon
  - 1/4 cup chopped chicken
  - 1/4 cup chopped ham
  - 1/4 cup chopped lunch meats
  - 1/4 cup diced red or green peppers
  - 1/4 cup chopped sausage
  - 1/4 cup chopped steak

**Pizza Preparation:**

1. Place the frozen pizza crust on the pizza pan.
  2. Spoon and spread 3.5 ounces of pizza sauce (1/2 of a 14 ounce jar) on the crust.
  3. Sprinkle 2 ounces of shredded cheese on the crust. About 1/4 of a bag.
  4. Chop and spread ingredients across the crust. Choose all or some of the following:
    - 2 ounces of beef crumbles (1/3 cup fresh scrambled burger)
    - 3 ounces of sliced pepperoni (beef and pork, or turkey)
    - 2 ounces of Italian sausage crumbles
    - 3 ounces chopped Italian sausage links
    - 3 ounces of chopped mini sausages
- Optional:
- 1/4 cup chopped bacon
  - 1/4 cup chopped chicken
  - 1/4 cup chopped ham
  - 1/4 cup chopped lunch meats
  - 4 ounces of sliced mushrooms
  - 1/4 cup diced onions
  - 1/4 cup chopped sausage
  - 1/4 cup chopped steak

6. Sprinkle remaining 2 ounces of cheese on top.
7. Place pan in oven and set timer.

**Cook Temperature:** 425 degrees

**Cook Time:** About 18 to 20 minutes. It takes longer the more ingredients used.

**Servings:** 2 to 4

**Storage Solutions:** Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 1 to 2 days \*\* Per What's Cooking America Storage Chart link in Resources

Freezer safe: 2 to 3 months \*\* Per What's Cooking America Storage Chart link in Resources

**Reheat Instructions:**

**Microwave:** Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: \_\_\_\_\_.

**Stove Top:** Not recommended

**Oven Directions:** Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: \_\_\_\_\_.

## Mexican Pizza

A gluten free taco night can be frustrating. Years of eating gluten prediagnosis can lead to broken, damaged, or missing teeth, making it difficult to eat hard taco shells. If you put more than a tablespoon of food in gluten free soft taco shells, they break apart like crackers. There may be better versions now, though there weren't years ago. Mexican pizza is a delicious alternative to taco shells. It is also ready to go as a needed meal or snack for the next day. Lettuce, tomatoes, and olives can be added after the pizza is baked to prevent overcooking.

### Pre Cook Preparation:

- A. Timer set to thaw meat for about 2 hours
- B. Timer set for preparation time set for 30 minutes before you plan to put the food in the oven
- C. Stay with meal

### Meal Adaptations:

#### Physical Accommodations:

- Electric mixer, or lightly mix and pour into the pan, allowing the baking process to complete mixing
- Frozen or canned vegetables can be used
- Large handled measuring cups and spoons
- Large handled mixing spoons

#### Visual Accommodations:

- Easily identifiable labeled ingredients
- Long oven mitts
- Brightly colored measuring cups, spoons, and bowls

### Potential Food Allergy or Intolerance:

- Beans
- Beef
- Cheese (lactose)
- Flour (gluten)
- Lettuce
- Mushrooms
- Onions
- Pepper
- Peppers
- Spices
- Tomatoes

**Meatless Preparation Avoid:****Beef****Cheese****Substitute with:** \_\_\_\_\_**Utensils:****Cutting board****Knife****Measuring cups****Mixing bowls****Microwave safe cup****Spoon****Toothpick (round)****Pan:****To cook meat: oven safe pan, or frying pan****To bake pizza: a large pizza pan****Ingredients:****Meat:****2 cups ground beef****Vegetables:****Optional:****2 cups diced lettuce****3 ounces of mushrooms****1/4 cup diced olives****1/4 cup diced onions****1/2 cup diced tomatoes****Other ingredients:****1 cup of refried beans****4 ounces of shredded cheese (gluten and lactose free)****1 large pizza crust (gluten free)****1 taco seasoning packet****1 tablespoon vegetable oil****Preparation time: 20 minutes****Preparation:****Pre Pizza Preparation****1. Fry ground beef or turkey with taco seasoning packet per taco recipe.**

**Pizza Preparation:**

1. Place the frozen pizza crust on the pizza pan.
2. Spoon and spread 1 tablespoon of vegetable oil on crust.
3. Spoon and spread 1 cup refried beans.
3. Sprinkle 2 ounces of shredded cheese on the crust. About 1/4 of a bag.
4. Add optional:
  - 3 ounces of mushrooms,
  - 1/4 cup diced olives
  - 1/4 cup diced onions
5. Sprinkle remaining 2 ounces of cheese on top.
6. Place pan in oven and set timer.
7. After pizza is out of oven, sprinkle 1/2 cup diced tomatoes, 1/2 cup diced lettuce on top.

**Cook Temperature:** 425 degrees

**Cook Time:** About 16 to 18 minutes

**Servings:** 2 to 4

**Storage Solutions:** Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 1 to 2 days \*\* Per What's Cooking America Storage Chart link in Resources

Freezer safe: 2 to 3 months \*\*\* Per What's Cooking America Storage Chart link in Resources

**Reheat Instructions:**

**Microwave:** Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: \_\_\_\_\_.

**Stove Top:** Not recommended.

**Oven Directions:** Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: \_\_\_\_\_.



## Pepperoni Pizza

Pepperoni pizza is the simplest base pizza that starts the journey into more complex pizza meals. A decent frozen gluten free pepperoni pizza can be bought and improved. A pan sized pizza is the perfect testing grounds for new ingredient combinations. Pepperoni is a combination of beef, pork, and spices. Some spice sensitive people cannot eat it at all. While others can only eat specific bands, or perhaps only turkey pepperoni. Turkey pepperoni is firmer, darker, and more solid than beef and pork pepperoni. It also has less of a spicy aftertaste. Any pepperoni leftovers can be used another time.

### Pre Cook Preparation:

- A. Timer set to thaw meat for about 2 hours
- B. Timer set for preparation time set for 30 minutes before you plan to put the food in the oven
- C. Stay with meal

### Meal Adaptations:

#### Physical Accommodations:

- Electric mixer, or lightly mix and pour into the pan, allowing the baking process to complete mixing
- Frozen or canned vegetables can be used
- Large handled measuring cups and spoons
- Large handled mixing spoons

#### Visual Accommodations:

- Easily identifiable labeled ingredients
- Long oven mitts
- Brightly colored measuring cups, spoons, and bowls

### Potential Food Allergy or Intolerance:

- Beef
- Cheese (lactose)
- Flour (gluten)
- Mushrooms
- Onions
- Pepper
- Pepperoni
- Pizza sauce (tomatoes)
- Pork
- Spices
- Turkey

**Meatless Preparation Avoid:**

Beef  
Cheese  
Pepperoni  
Pork  
Turkey

Substitute with: \_\_\_\_\_

**Utensils:**

Cutting board  
Knife  
Measuring cups  
2 Mixing bowls  
Microwave safe cup  
Spoon  
Toothpick (round)

**Pan:**

To cook meat: oven safe pan, or frying pan  
To bake pizza: a large pizza pan

**Ingredients:****Meat:**

3 ounces of sliced pepperoni (beef and pork, or turkey)

**Vegetables:****Optional:**

3 ounces of mushrooms  
1/4 cup diced onions

**Other ingredients:**

4 ounces of shredded cheese (gluten and lactose free)  
1 large pizza crust (gluten free)  
3.5 ounces of pizza sauce (1/4 of a 14 ounce jar)

**Preparation time: 20 minutes**

**Preparation:**

1. Place the frozen pizza crust on the pizza pan.
2. Spoon and spread 3.5 ounces of pizza sauce (1/4 of a 14 ounce jar) on the crust.
3. Sprinkle 2 ounces of shredded cheese on the crust. About 1/4 of a bag.
4. Place 3 ounces of pepperoni around the crust in nice geometric circles.
5. Sprinkle optional ingredients, such as 3 ounces of mushrooms and 1/4 cup of diced onions.
6. Sprinkle remaining 2 ounces of cheese on top.
7. Place pan in oven and set timer.

**Cook Temperature: 425 degrees**

**Cook Time: About 18 minutes**

**Servings: 2 to 4**

**Storage Solutions: Square containers in individual servings**

**Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer**

**Fridge safe: 1 to 2 days \*\* Per What's Cooking America Storage Chart link in Resources**

**Freezer safe: 2 to 3 months \*\* Per What's Cooking America Storage Chart link in Resources**

**Reheat Instructions:**

**Microwave: Time and temp may vary.**

- 1. Place in a microwave safe dish (not plastic).**
- 2. Heat until food is fully hot and reaches a safe temperature.**
- 3. Minimum 2 minutes.**

**Add your microwave time here: \_\_\_\_\_.**

**Stove Top: Not recommended**

**Oven Directions: Time and temp may vary.**

- 1. Place in oven safe pan.**
- 2. Add a little water.**
- 3. Heat until thoroughly warm, about 20 minutes.**

**Add your oven time here: \_\_\_\_\_.**

## Vegetable Pizza

A vegetable pizza is a light weight pizza. A summery treat fresh from the garden. A variety of vegetables can be used. Red or green peppers can be used, if there is no food allergy to them. Diced yellow squash, zucchini, mushrooms, and onions are the staple of a vegetable pizza. Round vegetables, such as peas, might roll off. However, pre cooked green beans work. Corn adds a bit of a fall flavor. When preparing a vegetable pizza, include enough extra time to pick, wash, and slice the vegetables. Frozen vegetables will work. However, they need extra cooking time if frozen.

### Pre Cook Preparation:

- A. Timer set to thaw meat for about 2 hours
- B. Timer set for preparation time set for 30 minutes before you plan to put the food in the oven
- C. Stay with meal

### Meal Adaptations:

#### Physical Accommodations:

- Electric mixer, or lightly mix and pour into the pan, allowing the baking process to complete mixing
- Frozen or canned vegetables can be used
- Large handled measuring cups and spoons
- Large handled mixing spoons

#### Visual Accommodations:

- Easily identifiable labeled ingredients
- Long oven mitts
- Brightly colored measuring cups, spoons, and bowls

#### Potential Food Allergy or Intolerance:

- Cheese (lactose)
- Flour (gluten)
- Mushrooms
- Onions
- Pepper
- Peppers
- Pizza sauce (tomatoes)
- Spices
- Squash
- Zucchini

#### Meatless Preparation Avoid:

- Cheese
- Substitute with: \_\_\_\_\_

**Utensils:**

Cutting board  
 Knife  
 Measuring cups  
 2 Mixing bowls  
 Microwave safe cup  
 Spoon  
 Toothpick (round)  
 Pan: A large pizza pan

**Ingredients:**

**Meat: None**

**Vegetables:**

4 ounces of sliced mushrooms  
 1/4 cup diced onions  
 1/4 cup diced yellow squash  
 1/4 diced zucchini  
 Optional:  
 1/4 cup of corn  
 1/4 cup diced red or green peppers

**Other ingredients:**

4 ounces of shredded cheese (gluten and lactose free)  
 1 large pizza crust (gluten free)  
 3.5 ounces of pizza sauce (1/4 of a 14 ounce jar)

**Preparation time: 20 minutes**

**Preparation:**

1. Place the frozen pizza crust on the pizza pan.
2. Spoon and spread 3.5 ounces of pizza sauce (1/4 of a 14 ounce jar) on the crust.
3. Sprinkle 2 ounces of shredded cheese on the crust. About 1/4 of a bag.
4. Wash, chop, and spread vegetable ingredients across the crust. Including:
  - 4 ounces of sliced mushrooms
  - 1/4 cup diced onions
  - 1/4 cup diced yellow squash
  - 1/4 diced zucchini
  - Optional:
    - 1/4 cup of corn
    - 1/4 cup diced red or green peppers
5. Sprinkle remaining 2 ounces of cheese on top.
6. Place pan in oven and set timer.

**Cook Temperature: 425 degrees**

**Cook Time: About 18 to 20 minutes. It takes longer the more ingredients used.**

**Servings: 2 to 4**

**Storage Solutions: Square containers in individual servings**

**Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer**

**Fridge safe: 1 to 2 days \*\* Per What's Cooking America Storage Chart link in Resources**

**Freezer safe: 2 to 3 months \*\* Per What's Cooking America Storage Chart link in Resources**

**Reheat Instructions:**

**Microwave: Time and temp may vary.**

- 1. Place in a microwave safe dish (not plastic).**
- 2. Heat until food is fully hot and reaches a safe temperature.**
- 3. Minimum 2 minutes.**

**Add your microwave time here: \_\_\_\_\_.**

**Stove Top: Not recommended**

**Oven Directions: Time and Temp may vary.**

- 1. Place in oven safe pan.**
- 2. Add a little water.**
- 3. Heat until thoroughly warm, about 20 minutes.**

**Add your oven time here: \_\_\_\_\_.**

## Beef Pasta or Grain Dishes

When traveling and visiting, many people who eat gluten cannot accept a meal without multiple grains. I've seen people become red in the face and explosively angry at someone who can't eat wheat. These meals below, while still gluten free, will allow those people to think you can still eat normal food. They also allow for substitutions. Some people have the money, time, and energy to learn to make their own gluten free grain based pastas and breads. Other people may not have the money, time, or stores nearby that carry the non gluteny grains. Either way, there are many brands of gluten free grains, that, while still processed, maintain a level of flavor, texture, and taste often identical to their gluteny cousins.

I remember thinking I wouldn't be able to eat noodles again. I tried a few gluten free noodles that didn't meet my specifications before I found the DeBoyles brand. They come in rice and corn flavors. Barilla noodles, are also good in these recipes.

## Ground Beef Burger and Noodles \*

\* This dish can be easily made with gluten free noodles.

Another version of a classic ground beef recipe. Perfect for eating soon after dental work is done, or with a mouth infection. Easy to swallow when too tired to chew. This is also a good travel dish, whether you take in insulated soup containers or make it in a hotel kitchen. It's also one I like for picnics on the patio. This dish can be served on rice instead of noodles. Vegetable mixtures can be added for color, taste, and texture. Most common would be peas, carrots, and squash. Mushroom soup sauce as a topping adds flavor and texture.

### Pre Cook Preparation:

Marinate: No

- A. Timer set to thaw meat for about 2 hours
- B. Timer set to the time to begin preparation prior to cooking
- C. Stay with meal to stir

### Meal Adaptations:

#### Physical Accommodations:

- Can be baked in the oven by baking the meat and noodles separately and then combining them together
- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

#### Visual Accommodations:

- Color contrasting bowls

#### Potential Food Allergy or Intolerance:

- Beef
- Mushrooms
- Pepper
- Spices
- Turkey

#### Meatless Preparation Avoid:

- Beef
- Turkey
- Substitute with: \_\_\_\_\_

### Utensils:

- Can opener
- Pot holders
- Pan:
  - Large 8 inch frying pan for meat
  - 1 one 3 quart sauce pan for noodles



**Ingredients:****Meat:** Choose 2 pounds of:Ground beef, or  
Turkey burger**Vegetables:**

15 ounces of carrots

15 ounces of peas

**Optional:**

4 ounces of mushrooms

**Other ingredients:**

Dash of salt

Spices such as pepper to taste

1/4 cup of water

**Optional:**

Mushroom soup (gluten free)

**Preparation time:** 2 minutes**Preparation:****Noodles:**

1. Boil water in a 3 quart sauce pan for gluten free noodles.
2. Once the noodles are added, stir frequently, keeping heat near, or below medium.
3. Drain noodles.

**Meat:**

1. Add meat to the frying pan,  
Turkey burger may need vegetable oil to fry without burning.
2. Cook on medium heat.
3. Once the meat is browned, add:  
Carrots  
Peas  
1/4 cup water
4. Bring to a boil, stirring frequently.
5. Once it reaches a boil lower the heat, allow to simmer, stirring occasionally.

**Combine:**

1. Spoon out noodles, and top with:  
Burger  
Carrots  
Peas

**Note:** For leftovers, add a little water so the noodles don't dry out.

**Cook Temperature: Medium to low heat**

**Cook Time: 20 to 30 minutes**

**Servings: 4 to 6**

**Storage Solutions: Square containers in individual servings**

**Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer**

**Fridge safe: 3 to 4 days \* Per FDA Storage Chart link in Resources**

**Freezer safe: 2 to 3 months \* Per FDA Storage Chart link in Resources**

**Reheat Instructions:**

**Microwave: Time and temp may vary.**

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

**Add your microwave time here: \_\_\_\_\_.**

**Stove Top: Time and Temp may vary.**

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

**Add your stove time here: \_\_\_\_\_.**

**Oven Directions: Time and Temp may vary.**

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

**Add your oven time here: \_\_\_\_\_.**

## Steak Beef and Noodles \*

\* This dish can be easily made with gluten free noodles.

Beef and noodles was one of the first dishes I truly learned to make in college. It wasn't out of a box. I knew this was one meal I'd miss when I learned to live gluten free. Thankfully, gluten free noodles are now easy to find, and I can now have an old favorite a few times a year. This is an easy dish to make and can be made with left over steak. Mushroom soup can be used as a gravy on this dish, along with sides of peas and carrots. The steaks can be grilled, baked, or fried.

### Pre Cook Preparation:

Marinate: No

- A. Timer set to thaw meat for about 2 hours
- B. Timer set to the time to begin preparation prior to cooking
- C. Stay with the food

### Meal Adaptations:

#### Physical Accommodations:

- Cut meat into bite sized pieces before sitting down
- Frozen or canned vegetables can be used
- Sit on a stool while stirring

#### Visual Accommodations:

- Colored chopping boards

#### Potential Food Allergy or Intolerance:

- Beef
- Pepper
- Mushrooms
- Mushroom Soup (may contain gluten)
- Spices

#### Meatless Preparation Avoid:

- Beef
- Substitute with: \_\_\_\_\_

### Utensils:

- Cutting board
- Fork
- Pot holders
- Steak knife
- Pan: Four 2+ quart pans

**Ingredients:**

**Meat:** Choose a 2 pound package of:

- Cubed steak or
- Stew beef chopped into bite sized pieces

**Vegetables:**

- 15 ounces of carrots
- 15 ounces of peas

**Other ingredients:**

- Mushroom soup (gluten free)
- 1 package of noodles (gluten free)
- Dash of salt
- Spices such as pepper to taste
- 2 tablespoons vegetable oil

**Preparation time:** 10 minutes

**Preparation:**

**Noodles:**

1. Bring water to a boil in a sauce pan for gluten free noodles.
2. Add noodles, and stir frequently.
3. Drain well.

**Meat:**

1. Slice meat into bite sized pieces.
2. Add a few drops of vegetable or canola oil to a frying pan.
3. Cook the cubed steak or beef stew bits. (About 20 minutes)

**Vegetables:**

1. Cook peas and carrots in a pan on the stove for about 30 minutes.
2. Heat the mushroom soup until warm.

**Combine:**

1. Place the noodles on a plate.
2. Add the peas and carrots.
3. Place the beef bits on top.
4. Pour mushroom soup over top of beef bits.

**Cook Temperature:** Medium heat

**Cook Time:** 30 minutes

**Servings:** 4 to 5

**Storage Solutions:** Square containers in individual servings with or without vegetables  
Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer  
Fridge safe: 3 to 4 days \* Per FDA Storage Chart link in Resources  
Freezer safe: 2 to 3 months \* Per FDA Storage Chart link in Resources

**Reheat Instructions:**

**Microwave:** Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: \_\_\_\_\_.

**Stove Top:** Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: \_\_\_\_\_.

**Oven Directions:** Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: \_\_\_\_\_.

## Meatloaf

This is a dish I learned early on how to make. There are so many ways to make meatloaf, and so few ways to mess it up. Except, of course, an inch of ketchup on top. So have fun and play with the various ingredients. This is also the perfect dish to have a young child put together for you. They'll enjoy squishing the burger between their fingers. Texturally, a proper meatloaf will feel moist, and plop into the pan. Additives, such as mushrooms, onions, and even corn, peas, carrots, or spinach can stretch the meat and hide vegetables.

### Pre Cook Preparation:

Marinate: No

A. Timer set to thaw meat for about 2 hours

B. Timer set for preparation time set for 25 minutes before you plan to put the food in the oven

C. Timer set for 1.5 hours later, when meal should be ready to eat

### Meal Adaptations:

#### Physical Accommodations:

Frozen or canned vegetables can be used

Have a child help you stir and plop the meatloaf in the pan

Long oven mitts and oven rack puller

Sit on a stool while stirring

#### Visual Accommodations:

Contrasting colored chopping bowls and utensils

### Potential Food Allergy or Intolerance:

Barbecue Sauce

Breads (gluten)

Beef

Cereal (gluten)

Eggs

Ketchup

Mushrooms

Oatmeal (gluten)

Onions

Pepper

Potatoes

Spices

Sausage

Tomatoes

Turkey

**Meatless Preparation Avoid:****Beef****Sausage****Turkey****Substitute with: \_\_\_\_\_****Utensils:****Can opener****Large mixing bowl****Wooden spoon****Pan: 2.5 quart oblong pan with lid****Ingredients:****Meat: Choose 2 pounds of:****Beef burger, or****Turkey burger****3 eggs****Optional:****1 pound of sausage****Vegetables:****15 ounces of carrots****15 ounces of peas****15 ounces of potatoes****Optional:****4 ounces of mushrooms****1/4 cup of onions****Other ingredients:****1/2 cup of barbecue sauce****1 cup of crushed corn cereal (gluten free), or****1 cup of crushed rice squares (gluten free)****1/2 cup of ketchup****1 cup of oatmeal****Dash of salt****Spices such as pepper, to taste****Optional:****1 cup of stale, gluten free bread in place of oatmeal or cereal****Preparation time: 20 minutes**

**Preparation:**

1. Stir together dry ingredients:
  - 1/4 teaspoon salt
  - 1 cup of oatmeal
  - 1 cup of gluten free crushed cereal (corn or rice squares)
2. Add optional:
  - 4 ounces of mushrooms
  - 1/4 cup of onions
3. Add:
  - 3 eggs
  - 1/2 cup of ketchup
  - 1/2 cup of barbecue sauce
4. Stir well
5. Add:
  - 2 pounds of beef burger, or
  - 2 pounds of turkey burger
  - Optional:
    - 1 pound of sausage
6. Stir well.
7. If it is too moist, add:
  - A bit more oatmeal, or
  - Crushed cereal
  - Be careful not to get any raw meat on the packages.
8. If it is too dry, gently add:
  - A bit more ketchup, or
  - Barbecue sauce
  - About a tablespoon at a time.
9. When perfect, pour into pan.
10. Add a paper thin layer of ketchup across the top to hold in moisture.
11. Place lid on pan, and then place pan into oven.

**Cook Temperature: 350 degrees**

**Cook Time: 1.5 hours**

**Servings: 8 to 10**

**Storage Solutions: Square containers in individual servings with or without vegetables**

**Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer**

**Fridge safe: 3 to 4 days \* Per FDA Storage Chart link in Resources**

**Freezer safe: 2 to 3 months \* Per FDA Storage Chart link in Resources**



**Reheat Instructions:**

**Microwave:** Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: \_\_\_\_\_.

**Stove Top:** Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: \_\_\_\_\_.

**Oven Directions:** Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: \_\_\_\_\_.

## Spaghetti

As a child, I probably could have eaten spaghetti every day. Not healthy at all, since it is mostly a grain meal. As an occasional treat, it won't hurt. Of course, if I had my way, I'd make my spaghetti almost healthy with mushrooms, onions, peas, carrots and broccoli, along with the beef or turkey burger. Oh, and no tomato sauce. I know one person who cooks just the noodles and adds a bottle of Italian dressing and calls it spaghetti. I'd just call that Italian noodles. Though, I'll admit, early on, I combined three recipes for my recipe today.

### Pre Cook Preparation:

Marinate: Yes, after cooking

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Stay with meal to stir frequently

### Meal Adaptations:

#### Physical Accommodations:

Bake the burger ahead of time

Boil the noodles gently

Frozen or canned vegetables can be used

Sit on a stool while stirring

#### Visual Accommodations:

Contrasting colored wooden spoon

### Potential Food Allergy or Intolerance:

Beef

Cheese (lactose)

Mushrooms

Onions

Pepper

Sausage

Spaghetti Sauce (Tomatoes)

Spices

Turkey

### Meatless Preparation Avoid:

Beef

Cheese

Sausage

Turkey

Substitute with: \_\_\_\_\_

**Utensils:**

Can opener

Drainer

Large mixing bowl

2 wooden spoons

Pan:

3 quart sauce pan for the noodles

8 inch frying pan for the burger

**Ingredients:**

**Meat:** Choose 2 pounds of:

Beef burger, or

Turkey burger

Optional:

1/2 pound sausage

**Vegetables:**

Optional:

15 ounces of carrots

1/4 cup of cheese

4 ounces of mushrooms

1/4 cup onions

15 ounces of peas

**Other ingredients:**

1 bottle of Italian dressing

1 jar of spaghetti sauce

Dash of salt

Spices such as pepper to taste

Water

**Preparation time:** 10 minutes

**Preparation:**

**Noodles:**

1. Fill 3 quart sauce pan 3/4 full of water and set to medium until it boils.
2. Break the noodles into quarters as you drop them into the water, stirring constantly.
3. When the water once again reaches an almost boil, turn the heat to a lower number.
4. Drain the noodles when they have reached soft stage.

**Meat:**

1. Brown the turkey or beef burger in the 8 inch frying pan (add oil for turkey burger).
2. Drain burger, and pour into 4 quart mixing bowl.
3. Add:
  - 1 bottle of Italian dressing
  - 1 jar of spaghetti sauce
  - Optional ingredients:
    - Salt
    - 4 ounces of mushrooms
    - 1/4 cup onions
4. Mix well.
5. Set aside inside microwave (don't turn it on) to retain warmth.

**Combine:**

1. Add noodles to the meat mixture.
2. Stir well.
3. Add cheese, if desired.

**Cook Temperature: Medium to low heat**

**Cook Time: 1 hour**

**Servings: 8 to 10**

**Storage Solutions: Square containers in individual servings**

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days \* Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months \* Per FDA Storage Chart link in Resources

**Reheat Instructions:**

**Microwave: Time and temp may vary.**

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: \_\_\_\_\_.

**Stove Top: Time and Temp may vary.**

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: \_\_\_\_\_.

**Oven Directions: Time and Temp may vary.**

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: \_\_\_\_\_.

## Spaghetti and Veggies

This is a dish that is always better the second day. With gluten free noodles, you may need to add a little water before you reheat so the noodles don't break up. An easy summer dish that doesn't heat the house while cooking. And fun to make early in the morning before the heat of the day, so it can marinate until evening. This is actually one dish that is enjoyable cold and as a picnic dinner. Plain, spaghetti style noodles work well, as do spiral, elbow, and other types of noodles. Spiral noodles need longer to cook more thoroughly.

### Pre Cook Preparation:

Marinate: After cooking

- A. Timer set to thaw meat for about 2 hours
- B. Timer set to the time to begin preparation prior to cooking
- C. Stay with meal to stir frequently

### Meal Adaptations:

#### Physical Accommodations:

- Bake the burger ahead of time
- Boil the noodles and vegetables gently
- Frozen or canned vegetables can be used
- Sit on a stool while stirring

#### Visual Accommodations:

- Contrasting colored wooden spoon

### Potential Food Allergy or Intolerance:

- Beef
- Broccoli
- Italian dressing (spice, gluten)
- Mushrooms
- Onions
- Pepper
- Sausage
- Spaghetti Sauce (tomatoes)
- Spices
- Turkey

### Meatless Preparation Avoid:

- Beef
- Sausage
- Spaghetti Sauce
- Turkey
- Substitute with: \_\_\_\_\_

**Utensils:**

Can opener

Large mixing bowl

Wooden spoon

Pan:

3 quart sauce pan for the noodles

8 inch frying pan for the burger

**Ingredients:**

**Meat:** Choose 2 pounds of:

Beef burger, or

Turkey burger

Optional:

1/2 pound sausage

**Vegetables:**

15 ounces of carrots

15 ounces of peas

Optional:

15 ounces of broccoli

4 ounces of mushrooms

15 ounces of onions

**Other ingredients:**

1 bottle of Italian dressing

1 jar of spaghetti sauce

Dash of salt

Spices such as pepper to taste

**Preparation time:** 10 minutes

**Preparation:**

**Noodles:**

1. Fill 3 quart sauce pan 3/4 full of water and set to medium until it boils.
2. Break the noodles into quarters as you drop them into the water, stirring constantly.
3. When the water once again reaches almost boiling, turn the heat to a lower number.
4. Drain the noodles when they have reached soft stage.

**Meat:**

1. Brown the turkey, or beef burger, in the 8 inch frying pan (add oil for turkey burger).
2. Drain burger and pour into 4 quart mixing bowl.
3. Add:
  - 1 bottle of Italian dressing
  - 1 jar of spaghetti sauce
  - Optional ingredients:
    - 4 ounces of mushrooms
    - 15 ounces of onions
    - Salt
4. Mix well.
5. Set aside inside microwave (don't turn it on) to retain warmth.

**Vegetables:**

1. In individual 3 quart sauce pans, boil:
  - Broccoli
  - Carrots
  - Peas
2. Start on medium heat, turning down to low heat.
3. Drain vegetables.

**Combine:**

1. Add noodles and vegetables to the meat mixture.
2. Stir well.
3. Add cheese, if desired.

\* For the vegetarian dish, you may wish to cook the vegetables ahead of time, allowing them to marinate in the Italian dressing, while leaving the spaghetti sauce out altogether.

**Cook Temperature: Medium to low heat**

**Cook Time: 1 hour**

**Servings: 8 to 10**

**Storage Solutions: Square containers in individual servings with or without vegetables**

**Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer**

**Fridge safe: 3 to 4 days \* Per FDA Storage Chart link in Resources**

**Freezer safe: 2 to 3 months \* Per FDA Storage Chart link in Resources**

**Reheat Instructions:**

**Microwave:** Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: \_\_\_\_\_.

**Stove Top:** Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: \_\_\_\_\_.

**Oven Directions:** Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: \_\_\_\_\_.



## Tacos \*

\* Without cheese, this meal is lactose free. Lactose free cheese is available, although expensive. Depending on your level of lactose intolerance, you may be able to have a few shreds of cheese on a taco. Gluten free corn hard shells are best, as corn soft shells tend to fall apart and not fold well.

Tacos are a college student and early workforce mainstay. At the once price of three for \$1.00, they were a great deal, except when you received an empty shell. Although you can't guarantee restaurant bought are 100% gluten free, due to potential contamination issues, tacos are one of the few fast food options for traveling. Other restaurants are more likely to give a hassle and not understand that no bread means no bread. I can eat while traveling once again! Home cooked tacos take enjoy fresh garden produce such as tomatoes, lettuce, and onions. Spices can also be easily controlled.

### Pre Cook Preparation:

Marinate: While cooking

- A. Timer set to thaw meat for about 2 hours
- B. Timer set to the time to begin preparation prior to cooking
- C. Stay with meal to stir frequently

### Meal Adaptations:

#### Physical Accommodations:

Buy washed and previously sliced cheese, tomatoes, and lettuce  
Sit on a stool while preparing the meal

#### Visual Accommodations:

Colored chopping boards

### Potential Food Allergy or Intolerance:

Beef  
Chicken  
Mushrooms  
Onions  
Pepper  
Soft Taco Shells (gluten)  
Spices  
Tomatoes  
Turkey

### Meatless Preparation Avoid:

Beef  
Chicken  
Turkey

Substitute with: \_\_\_\_\_

**Utensils:**

- Bowls for chopped items
- Chopping board
- Fork
- Paring knife
- Spoon
- Wooden spoon
- Pan: 8 inch frying pan

**Ingredients:**

**Meat:** Choose 2 pounds of:  
Beef burger, or  
Turkey burger

**Vegetables:**

- 6 ounces of chopped lettuce
- 4 ounces of chopped mushrooms
- 6 ounces of chopped onions
- 15 ounces of refried beans
- 6 ounces of chopped tomatoes

**Other ingredients:**

- Dash of salt
- Spices such as pepper to taste
- Taco shells
- Optional:
  - Cheese

**Preparation time:** 15 minutes

**Preparation:****Vegetables:**

1. Chop:
  - Lettuce
  - Mushrooms
  - Onions
  - Tomatoes
2. Store in serving bowls in the fridge until meal is ready.

**Beans on stove:**

1. Heat refried beans on medium heat.
  2. Stir every 10 minutes, and turn down 1/3 heat each time.
- Total cook time: 30 minutes

**Meat:**

1. Brown burger in an 8 inch frying pan on medium heat.
2. Drain the burger.
3. Add burger back to the 8 inch frying pan.
4. Add 1 cup water.
5. Add 1 gluten free taco seasoning packet. (1/3 might be enough).
6. Stir and simmer until most of the liquid cooks out.

**Combine:**

1. Set table with all ingredients.
2. Build a taco salad.

**Cook Temperature:** Medium to low heat

**Cook Time:** 45 minutes

**Servings:** 8 to 10 tacos

**Storage Solutions:** Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days \* Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months \* Per FDA Storage Chart link in Resources

**Reheat Instructions:**

**Microwave:** Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: \_\_\_\_\_.

**Stove Top:** Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: \_\_\_\_\_.

**Oven Directions:** Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: \_\_\_\_\_.

## Chicken and Grain

Chicken and grain in the same sentence would once have been considered a very bad thing. Chickens would occasionally eat the farmer's grain while chasing bugs to eat. Now, many store bought chickens are fed primarily grain, and rarely catch a bug to eat. Grain fed chickens do taste and cook up different than barnyard chickens.

Adding a serving of baked chicken to a favorite pasta dish greatly increases the healthy protein and caloric value of a meal, while not overfilling the stomach with large amounts of low caloric food.

Gluten free pasta compliments the flavor and texture of chicken. Cooking gluten free pasta isn't difficult. It is slower, cooked at a lower temperature, and must be stirred more often. When straining gluten free pasta, a cold water rinse, while important, does not have the same effect as it does on wheat based pasta.

Chicken and grains can be a quickly prepared dish. They can be made with leftovers or even with precooked canned chicken. They also make a quick side dish for unexpected company.

## Chicken and Dumplings

Another quick, easy leftovers meal to use up ingredients already prepared. Chicken and dumplings can be made partially ahead of time, using either prebaked chicken, canned chicken, or frozen chicken chunks. Avoid using chicken pieces with barbecue sauce on them. Gluten free dumplings tend to be drop dumplings, as most mixes do not have the proper consistency to roll out and be cut into shapes. Sometimes, dumplings fall apart, creating a thick chicken dumpling soup. Although it is possible to make this dish on the stove top, it requires constant stirring to avoid burning. Oven baked is easier and cleaner.

### Pre Cook Preparation:

Marinate: No

- A. Timer set to thaw meat for about 2 hours
- B. Timer set to the time to begin preparation prior to cooking
- C. Timer set for 1 hour later, when meal should be ready to eat
- D. Stay with meal to stir frequently

### Meal Adaptations:

#### Physical Accommodations:

- Cut meat into bite sized pieces before sitting down
- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

#### Visual Accommodations:

- Colored chopping boards

### Potential Food Allergy or Intolerance:

- Butter (lactose)
- Chicken
- Eggs
- Milk (lactose)
- Mushrooms
- Onions
- Pepper
- Potatoes
- Spices

### Meatless Preparation Avoid:

- Butter
- Chicken
- Eggs
- Milk
- Substitute with: \_\_\_\_\_

**Utensils:**

- Chopping board
- Fork
- Paring knife
- Pot holders
- Spatula
- Spoon
- Pan: 2.5 quart pan with lid

**Ingredients:****Meat:**

- 2 pounds of diced chicken

**Vegetables:**

- 15 ounces of carrots
- 15 ounces of peas
- 15 ounces of diced potatoes

**Other ingredients:**

- Baking mix (gluten free)
  - Verify extra ingredients:
    - 1/2 cup of butter
    - 2 eggs
    - 1/4 cup milk, or
    - 1/4 cup water
  - 1 tablespoon of butter
- Mushroom soup (gluten free)
- Dash of salt
- Spices, such as pepper, to taste

**Preparation time: 10 minutes**

**Preparation:****Baking Mix:**

- 1. Combine in a mixing bowl.
  - Verify extra ingredients:
    - 1/2 cup of butter
    - 2 eggs
    - 1/4 cup milk, or
    - 1/4 cup water

**Vegetables:**

- 1. Open cans of:
  - 15 ounces of carrots
  - 15 ounces of peas
  - 15 ounces of diced potatoes

**Meat:**

1. Dice 2 pounds of cooked chicken

**Combine in oven safe pan:**

1. Melt 1 tablespoon of butter, and cover the bottom of the 2.5 quart pan.
2. Add:
  - 15 ounces of carrots
  - 2 pounds of diced chicken
  - 1 can of gluten free mushroom soup
  - 15 ounces of peas
  - 15 ounces of diced potatoes
  - Dash of salt
  - Spices, such as pepper, to taste
3. Add the baking mix in small spoonfuls.
4. Spread it throughout the mixture.
5. Cover and place in oven.

**Cook Temperature:** 350 degrees

**Cook Time:** 1.5 to 2 hours

**Servings:** 4 to 6

**Storage Solutions:** Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days \* Per FDA Storage Chart link in Resources

Freezer safe: 4 to 6 months \* Per FDA Storage Chart link in Resources

**Reheat Instructions:**

**Microwave:** Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: \_\_\_\_\_.

**Stove Top:** Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: \_\_\_\_\_.

**Oven Directions:** Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: \_\_\_\_\_.

## Chicken and Noodles

Chicken and noodles are a college staple. When living gluten free, many people think they can no longer have this common meal. Gluten free noodles are not as cheap as the typical college noodle packs at a quarter a piece. Some brands of rice and corn noodles are more on par with the price of wheat noodles. Boxes that used to be four for one dollar are now a dollar a piece, and some corn noodles packs are less than two dollars a piece. At that rate, in few years, prices for gluten filled, and gluten free will be equal.

### Pre Cook Preparation:

Marinate: No

- A. Timer set to thaw meat for about 2 hours
- B. Timer set to the time to begin preparation prior to cooking
- C. Timer set for 1 hour later, when meal should be ready to eat
- D. Stay with meal to stir frequently

### Meal Adaptations:

#### Physical Accommodations:

- Cut meat into bite sized pieces before sitting down
- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

#### Visual Accommodations:

- Colored chopping boards

#### Potential Food Allergy or Intolerance:

- Butter (lactose)
- Chicken
- Mushrooms
- Noodles (gluten)
- Onions
- Pepper
- Spices

#### Meatless Preparation Avoid:

- Butter
- Chicken
- Substitute with: \_\_\_\_\_

### Utensils:

- Chopping board
- Fork
- Paring knife
- Pot holders
- Spatula
- Spoon



**Pan:**

- 3 quart sauce pan for noodles
- 2.5 quart oven safe pan with lid for chicken

**Ingredients:****Meat:**

- 2 pounds of chopped chicken

**Vegetables:**

- 12 ounces of carrots
- 12 ounces of peas
- Optional:
  - 4 ounces of mushrooms

**Other ingredients:**

- 2 tablespoons of butter
- Dash of salt
- Spices, such as pepper, to taste

**Preparation time: 10 minutes**

**Preparation:****Noodles:**

1. Fill a 3 quart sauce pan 3/4 full of water and set to mid heat until it reaches a rolling boil.
2. When sauce pan reaches a boil, add gluten free noodles while stirring.
3. Allow to return to a boil, stirring frequently.
4. Strain noodles.

**Meat:**

1. Add chicken to 2.5 quart oven safe pan.
2. Add a dash of salt and enough water to cover the bottom.
3. Place in oven and bake at 350 degrees for one hour.
4. Chop cooked chicken.

**Vegetables:**

1. Cook peas and carrots on medium heat.
2. Stir and turn the temperature down 1/3 every 10 minutes.

**Combine on plate:**

1. A spoonful of noodles
2. A spoonful of peas
3. A spoonful of carrots
3. Add a spoonful of chopped chicken

**Cook Temperature:**

350 degrees for chicken

Mid to low heat for noodles and vegetables

**Cook Time:** 1 hour

**Servings:** 4 to 6

**Storage Solutions:** Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days \* Per FDA Storage Chart link in Resources

Freezer safe: 4 to 6 months \* Per FDA Storage Chart link in Resources

**Reheat Instructions:**

**Microwave:** Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: \_\_\_\_\_.

**Stove Top:** Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: \_\_\_\_\_.

**Oven Directions:** Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: \_\_\_\_\_.

## Chicken and Rice Stir Fry

Chicken and rice is a common meal for recovering from stomach ailments, regardless of species. Check with a veterinarian for amounts of chicken and rice, length of time to feed, and even preferred recipes for pets. Chicken and rice is sometimes a spring board for delicious combinations, whether with baked chicken and boiled vegetables, or as a stir fry. Boiled rice is covered elsewhere in the cookbook. This dish is easily adjustable. Make notes of favorite combinations to try again. Stir fries can use up bits of leftovers in the fridge, or prepared and frozen in small batches.

### Pre Cook Preparation:

Marinate: No

- A. Timer set to thaw meat for about 2 hours
- B. Timer set to the time to begin preparation prior to cooking
- C. Timer set for 1 hour later, when meal should be ready to eat
- D. Stay with meal to stir frequently

### Optional Pre Cook Preparation:

- A. Bake and chop chicken.
- B. Rice can be previously fluffed by soaking in water.

### Meal Adaptations:

#### Physical Accommodations:

- Cut meat into bite sized pieces before sitting down
- Frozen or canned vegetables or chicken can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

#### Visual Accommodations:

- Colored chopping boards

### Potential Food Allergy or Intolerance:

- Broccoli
- Butter (lactose)
- Chicken
- Clams
- Crab
- Eggs
- Mushrooms
- Onions
- Pepper
- Potatoes
- Pork
- Shrimp
- Soy Sauce (gluten)
- Spices
- Spinach
- Turkey

**Meatless Preparation Avoid:**

Beef  
 Butter  
 Chicken  
 Clams  
 Crab  
 Eggs  
 Pork  
 Shrimp  
 Turkey  
 Substitute with: \_\_\_\_\_

**Utensils:**

Chopping board  
 Fork  
 Paring knife  
 Pot holders  
 Spatula  
 Spoon  
 Pan: 8 inch frying pan

**Ingredients:****Meat:**

1 cup of chopped chicken

**Optional:**

1/4 cup of diced beef  
 1/4 cup of diced crab  
 1/4 cup of diced pork  
 1/4 cup of diced shrimp  
 1/4 cup of diced turkey

**Vegetables:**

1/4 cup of carrots  
 1/4 cup of mushrooms  
 1/4 cup of peas  
 1/4 cup of dried rice, (appears to be more when soaked)  
**Optional (Only choose 1 or 2)**  
 1/4 cup of black eyed peas  
 1/4 cup of pinto beans  
 1/4 cup of red beans  
 1/4 cup of spinach

**Other ingredients:**

Cooking oil  
 Dash of salt  
 Spices, such as pepper, to taste

Optional:  
Soy sauce (gluten free)

Preparation time: 10 minutes

Preparation:

1. Chop:  
Chicken  
Optional:  
Crab  
Shrimp
2. Add enough cooking oil to fully coat the bottom of the 8 inch frying pan.
3. Add a dash of salt.
4. If 1/4 cup of dried rice is still hard, soak it in the oil and then cook on medium until almost soft.
5. Add:  
1/4 cup of carrots  
1/4 cup of mushrooms  
1/4 cup of peas  
Add 1 or 2 of optional vegetables:  
1/4 cup of black eyed peas  
1/4 cup of pinto beans  
1/4 cup of red beans  
1/4 cup of spinach  
Add optional:  
1/4 cup of diced crab  
1/4 cup of diced shrimp, or  
Soy sauce, to taste
6. Fry until mixture comes to almost a boil.
7. Turn heat down, stirring every 5 minutes.
8. Add cooking oil if necessary.

Cook Temperature: Medium to low

Cook Time: About 30 minutes

Servings: 3 to 4

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days \* Per FDA Storage Chart link in Resources

Freezer safe: 4 to 6 months \* Per FDA Storage Chart link in Resources

**Reheat Instructions:**

**Microwave:** Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: \_\_\_\_\_.

**Stove Top:** Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: \_\_\_\_\_.

**Oven Directions:** Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: \_\_\_\_\_.

## Pork and Grains

All dishes in the Pork and Grains section can be made with gluten free grains. Grain adds texture and flavor to a meal that might otherwise seem short on meat. Some people are not used to thinking of pork being as versatile as beef. Due to the higher fat content in some cuts, especially bacon, there are more ways pork can create a tasty treat.

Pork has a different flavor and texture than beef when added to grains. It is lighter, and the texture is different. For this reason, many people add pepper and other spices that may make it too spicy for those living a gluten free lifestyle. Especially in the early stages of learning to live gluten free, when the stomach and intestines are still repairing themselves. Add spice with a light hand until the right amount is reached.

Buried pork, buried ham surprise, pork and noodles, and pork and rice are all simple dishes anyone can make with leftover meat or vegetables. Sausage will add spice, as well as flavor and texture.

## Buried Pork Chops

This is one of my favorites. Pork buried in cornbread is perfect. You never know exactly how much pork you will get. It's like digging for buried pork treasure! With or without onions, this dish is delightful. The pork can be diced before hand to make eating easier. Peas and carrots mix well with pork and cornbread. Moist cornbread mingles with the fat and pork chop flavor to create a chewy and buttery dish perfect for sharing with friends. Buried pork chops can be prepared and slipped in the oven while reading a favorite book, resting, or finishing the laundry.

### Pre Cook Preparation:

Marinate: No

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Timer set for 1 hour later, when meal should be ready to eat

### Meal Adaptations:

#### Physical Accommodations:

Cut meat into bite sized pieces before cooking

Frozen or canned vegetables can be used

Long oven mitts and oven rack puller

Sit on a stool while stirring

#### Visual Accommodations:

Colored chopping boards

#### Potential Food Allergy or Intolerance:

Butter (lactose)

Cornbread (May have gluten added)

Eggs

Onions

Pepper

Potatoes

Spices

#### Meatless Preparation Avoid:

Beef

Butter

Eggs

Substitute with: \_\_\_\_\_

### Utensils:

Chopping board

Fork

Paring knife

Pot holders

Spatula

Spoon



**Pan:** 2.5 quart oven safe oblong container with lid

**Ingredients:**

**Meat:**

- 4 breakfast pork chops
- 2 eggs

**Vegetables:**

- 15 ounces of corn
- 15 ounces of peas
- 15 ounces of pinto beans
- Optional:
  - 1/4 cup of onions

**Other ingredients:**

- 1 tablespoon of butter
- 2 cups cornmeal (gluten free)
- Dash of salt
- Spices such as pepper to taste
- 2 tablespoons of vegetable oil

**Preparation time:** 15 minutes

**Preparation:**

1. Mix:
  - 2 cups of gluten free cornmeal
  - 2 eggs
  - A dash of salt
  - Optionally add:
    - 1/4 cup of chopped onions
    - 1/2 cup of pinto beans
2. Spread a thin layer of vegetable oil on the bottom of the pan.
3. Spread a thin layer of cornmeal mix on top of the oil, about 1/4 inch thick.
4. Carefully place pork chops in the cornmeal.
  - Don't push down. Chops may be in bite sized pieces.
5. Pour the rest of the cornmeal mixture on top of the pork chops.
6. Place pan in oven and cook at 350 degrees for one hour.

**Cook Temperature:** 350 degrees

**Cook Time:** 1 hour

**Servings:** 4

**Storage Solutions:** Square containers in individual servings with or without vegetables  
Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer  
Fridge safe: 3 to 4 days \* Per FDA Storage Chart link in Resources  
Freezer safe: 2 to 3 months \* Per FDA Storage Chart link in Resources

**Reheat Instructions:**

**Microwave:** Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: \_\_\_\_\_.

**Stove Top:** Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: \_\_\_\_\_.

**Oven Directions:** Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: \_\_\_\_\_.

## Buried Ham Surprise

This is very similar to buried pork chops. However, it will have a more slippery feeling and might turn out a little soupier if there are too many eggs in the cornbread mixture. As with many dishes, there can be more than one way to make buried ham surprise. The primary difference would be the choice between using slices of bacon on the bottom of the pan or chips of bacon spread throughout the mixture. Whichever choice will delight the taste buds with a savory, chewy meal. Vegetables can be included in the pan for a one dish meal.

### Pre Cook Preparation:

Marinate: No

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Timer set for 1 hour later, when meal should be ready to eat

### Meal Adaptations:

#### Physical Accommodations:

Cut meat to bite sized before cooking

Frozen or canned vegetables can be used

Long oven mitts and oven rack puller

Sit on a stool while stirring

#### Visual Accommodations:

Colored chopping boards

#### Potential Food Allergy or Intolerance:

Butter (lactose)

Cornbread (May have gluten added)

Eggs

Onions

Pepper

Potatoes

Spices

#### Meatless Preparation Avoid:

Beef

Butter

Eggs

Substitute with: \_\_\_\_\_

### Utensils:

Chopping board

Fork

Paring knife

Pot holders

Spatula

Spoon

**Pan:** 2.5 quart oven safe oblong container with lid

**Ingredients:**

**Meat:**

Bacon (8 strips, or 1/4 cup of bacon bits)  
2 eggs  
1 cup of ham in bite sized chunks

**Vegetables:**

15 ounces of peas  
15 ounces of pinto beans  
15 ounces of potatoes  
Optional:  
1/4 cup of onions

**Other ingredients:**

1 tablespoon brown sugar  
3 cups of cornmeal (gluten free)  
Dash of salt  
Spices, such as pepper, to taste

**Preparation time:** 15 to 20 minutes

**Preparation:**

1. Chop ham into bite sized chunks.
2. Chop bacon into bite sized pieces, if desired.
3. Chop 1/4 cup of onions.
4. Mix:
  - 3 cups of gluten free cornmeal
  - 2 eggs
  - A dash of salt
  - Optionally add:
    - 1/4 cup of chopped onions
    - 1/2 cup of pinto beans
5. If using chopped bacon, spread a thin layer of vegetable oil on the bottom of the pan.
6. Or if using sliced bacon, line the pan with strips of bacon.
7. Spread a 1/4 inch thick layer of cornmeal mix on top of the oil or bacon.
8. Carefully place chopped ham and bacon in the cornmeal. Don't push down.
9. Pour the rest of the cornmeal mixture on top of the ham and bacon.
10. Cover and place pan in oven and cook at 350 degrees for one hour.

**\*\* This may take a little extra time to bake if the bacon is not precooked. \*\***

**Cook Temperature:** 350 degrees

**Cook Time:** 1 hour, maybe more if bacon is uncooked

**Servings: 4**

**Storage Solutions: Square containers in individual servings with or without vegetables**

**Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer**

**Fridge safe: 3 to 4 days \* Per FDA Storage Chart link in Resources**

**Freezer safe: 2 to 3 months \* Per FDA Storage Chart link in Resources**

**Reheat Instructions:**

**Microwave: Time and temp may vary.**

- 1. Place in a microwave safe dish (not plastic).**
- 2. Heat until food is fully hot and reaches a safe temperature.**
- 3. Minimum 2 minutes.**

**Add your microwave time here: \_\_\_\_\_.**

**Stove Top: Time and Temp may vary.**

- 1. Place food in frying pan.**
- 2. Add enough water to almost cover food.**
- 3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.**

**Add your stove time here: \_\_\_\_\_.**

**Oven Directions: Time and Temp may vary.**

- 1. Place in oven safe pan.**
- 2. Add a little water.**
- 3. Heat until thoroughly warm, about 20 minutes.**

**Add your oven time here: \_\_\_\_\_.**

## Pork and Noodles

This can be a quick dish made from leftovers in the fridge, especially grilled pork chops or made entirely fresh. If made from leftovers, it may only take 20 minutes to prepare, mostly cooking the pasta. Vegetables can be added to the dish, or eaten separately. When I first learned to live gluten free, I thought I wouldn't be able to cook this dish anymore. Thankfully, I can, although the noodles take a little more effort since they cook at a lower temperature to avoid breaking up too easily. Add a few vegetables and you have food for several meals.

### Pre Cook Preparation:

Marinate: With onions and mushrooms

- A. Timer set to thaw meat for about 2 hours
- B. Timer set to the time to begin preparation prior to cooking
- C. Stay with meal to stir frequently

### Meal Adaptations:

#### Physical Accommodations:

- Cut meat to bite sized pieces before sitting down
- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

#### Visual Accommodations:

- Colored chopping boards

#### Potential Food Allergy or Intolerance:

- Broccoli
- Butter (lactose)
- Mushrooms
- Noodles (gluten)
- Onions
- Pepper
- Potatoes
- Spices

#### Meatless Preparation Avoid:

- Butter
- Pork
- Substitute with: \_\_\_\_\_

### Utensils:

- Chopping board
- Fork
- Paring knife
- Pot holders
- Spatula
- Spoon

**Pan:**

2.5 quart oven safe pan with lid for pork  
8 quart stockpot for noodles

**Ingredients:****Meat:**

Pork chops

**Vegetables:**

15 ounces of broccoli

15 ounces of carrots

15 ounces of peas

**Optional:**

4 ounces of mushrooms

1/4 cup of onions

**Other ingredients:**

2 boxes of noodles (gluten free)

Dash of salt

Spices such as pepper to taste

**Preparation time: 10 to 15 minutes**

**Preparation:****Meat:****1. Chop:**

15 ounces of broccoli

15 ounces of carrots

**Optional:**

4 ounces of mushrooms

1/4 cup of onions

Pork chops

2. Place pork chops in 2.5 quart pan.

3. Cover with 4 ounces of mushrooms and optionally 1/4 cup of onions.

4. Cook pork chops for 1 hour at 350 degrees.

**Noodles:**

1. Place the 8 quart sauce pan on the stove 3/4 full of water and turn to medium heat.

2. As soon as the water boils, add the 2 boxes of noodles slowly, stirring frequently.

3. As soon as noodles begin to boil, turn heat down and continue to stir until done.

4. Drain noodles.

**Combine:**

1. Place noodles on plate.
  2. Cover with:
    - 15 ounces of broccoli
    - 15 ounces of carrots
    - 15 ounces of peas
    - Chopped pork chops
- Optional:
- 4 ounces of mushrooms
  - 1/4 cup of onions

**Cook Temperature:**

- 350 degrees for pork
- Medium to low heat for noodles

**Cook Time:** About 1 hour

**Servings:** 4 to 6

**Storage Solutions:** Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days \* Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months \* Per FDA Storage Chart link in Resources

**Reheat Instructions:**

**Microwave:** Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
  2. Heat until food is fully hot and reaches a safe temperature.
  3. Minimum 2 minutes.
- Add your microwave time here: \_\_\_\_\_.

**Stove Top:** Time and Temp may vary.

1. Place food in frying pan.
  2. Add enough water to almost cover food.
  3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
- Add your stove time here: \_\_\_\_\_.

**Oven Directions:** Time and Temp may vary.

1. Place in oven safe pan.
  2. Add a little water.
  3. Heat until thoroughly warm, about 20 minutes.
- Add your oven time here: \_\_\_\_\_.



## Pork and Rice

Pork and rice is easy to make, and if the pork used is soft, it will break up easily. Pork and rice is actually a recommended meal for cats and dogs who have an upset stomach or have lost interest in eating. The enticing aroma can tempt them to take a bite or two when they otherwise might not. For pets, skip spices, onions, and mushrooms. They can be deadly. A dash of salt and a few peas or green beans is fine for your pet, based on your veterinarian's recommendation for a pet's home cooked meal.

### Pre Cook Preparation:

Marinate: Not necessary

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Stay with meal to stir frequently

### Meal Adaptations:

#### Physical Accommodations:

Cut meat to bite sized pieces before sitting down

Frozen or canned vegetables can be used

Long oven mitts and oven rack puller

Sit on a stool while stirring

#### Visual Accommodations:

Colored chopping boards

#### Potential Food Allergy or Intolerance:

Butter (lactose)

Mushrooms

Onions

Pepper

Potatoes

Rice

Spices

#### Meatless Preparation Avoid:

Butter

Pork

Substitute with: \_\_\_\_\_

### Utensils:

Chopping board

Fork

Paring knife

Pot holders

Spatula

Spoon

**Pan: 8 inch frying pan**

**Ingredients:**

**Meat:**

Pork chops, or  
Pork steaks

**Vegetables:**

15 ounces of broccoli  
15 ounces of carrots  
1/4 cup of onions  
15 ounces of peas

**Optional:**

4 ounces of mushrooms

**Other ingredients:**

1 cup of rice  
Dash of salt  
Spices, such as pepper, to taste

**Preparation time: 15 minutes**

**Preparation:**

**1. Chop:**

15 ounces of broccoli  
15 ounces of carrots  
1/4 cup of onions  
Pork chops, or  
Pork steaks

**Optional:**

4 ounces of mushrooms

**2. Add about a tablespoon of vegetable oil to the frying pan.**

**3. Fry the meat to done.**

**5. Add 1 cup of rice and 1 cup of water.**

**6. Allow rice to begin bubbling.**

**7. Add:**

15 ounces of broccoli  
15 ounces of carrots  
1/4 cup of onions  
15 ounces of peas

**Optional:**

4 ounces of mushrooms

**8. Stir frequently.**

**9. Allow to simmer until rice and vegetables are done.**

**Cook Temperature: Medium to low heat**

**Cook Time: About 30 minutes**

**Servings: 4**

**Storage Solutions: Square containers in individual servings with or without vegetables**

**Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer**

**Fridge safe: 3 to 4 days \* Per FDA Storage Chart link in Resources**

**Freezer safe: 2 to 3 months \* Per FDA Storage Chart link in Resources**

**Reheat Instructions:**

**Microwave: Time and temp may vary.**

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: \_\_\_\_\_.

**Stove Top: Time and Temp may vary.**

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: \_\_\_\_\_.

**Oven Directions: Time and Temp may vary.**

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: \_\_\_\_\_.

## Turkey and Grain

Turkey and grain dishes are similar to chicken and grain dishes. They have a different texture and taste. More dark, moist meat is available on a turkey.

Raising turkeys sounds like a lot fun. Like chickens, they eat bugs. A natural form of pest control. However, like chickens, their waste products, in large amounts, can be a health hazard. If the average backyard gardener wants to raise a holiday turkey or two, it should be safe. Provided, local laws allow one to two turkeys per plot of land.

Capturing and eating wild turkeys is common in some parts of the country. Wild turkey tastes and cooks different from either home raised, or store bought turkey. They are smaller, with less fat, and more dark meat.

Turkey with gravy works well with pastas and rice. Gluten free pasta and rice options are available. Prepared frozen varieties are available in the freezer section of many major stores. It's often cheaper, and healthier to make your own. The following recipes can be adapted to use frozen chopped turkey.

## Turkey and Noodles

Turkey and noodles is another way to extend a holiday feast. Or use packaged and frozen leftovers at a later date. A spaghetti like dish can be made with turkey and noodles. Go lighter on the spices and allow the turkey flavor to shine through. For the gluten free version, the best noodles are the spirals, or similar sized and shaped noodles. Vary the taste and texture by adding cream of mushroom soup with peas and carrots. A simple meal that can be prepared and carried in hot food containers while traveling. Best next day, after marinating in the juices.

### Pre Cook Preparation:

Marinate: No

- A. Timer set to thaw meat for about 2 hours
- B. Timer set to the time to begin preparation prior to cooking
- C. Timer set for 1 hour later, when meal should be ready to eat
- D. Stay with meal to stir frequently

### Meal Adaptations:

#### Physical Accommodations:

- Cut meat to bite sized pieces before sitting down
- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

#### Visual Accommodations:

- Colored chopping boards

#### Potential Food Allergy or Intolerance:

- Butter (lactose)
- Cream of Mushroom Soup (gluten)
- Mushrooms
- Onions
- Noodles (gluten)
- Pepper
- Potatoes
- Spices
- Turkey

#### Meatless Preparation Avoid:

- Butter
- Turkey
- Substitute with: \_\_\_\_\_

**Utensils:**

Chopping board  
Fork  
Paring knife  
Pot holders  
Spatula  
Spoon  
Pan: 1 quart pan

**Ingredients:****Meat:**

2 cups of turkey

**Vegetables:**

15 ounces of carrots  
15 ounces of peas

**Other ingredients:**

Mushroom soup (gluten free)  
2 boxes of noodles (gluten free)  
Dash of salt  
Spices, such as pepper, to taste

Preparation time: 10 minutes

**Preparation:****Pasta:**

1. Boil water in the 8 quart pan.
2. Break pasta into the boiling water.
3. Stir every few minutes.
4. Allow to return to boil until noodles are soft.
5. Drain noodles.

**Meat:**

1. Chop 2 cups of turkey.
2. Cook turkey and gluten free mushroom soup in a 3 quart pan.
3. Stir every 5 minutes.

**Vegetables:**

1. Cook peas and carrots in a 3 quart pan.
2. Stir every 36 minutes.

**Combine:**

1. Place noodles on plate.
2. Spoon peas and carrots onto the noodles.
3. Spoon turkey and mushroom soup on top.

**Cook Temperature: Medium to low**

**Cook Time: 30 to 45 minutes**

**Servings: 3 to 4**

**Storage Solutions: Square containers in individual servings with or without vegetables**

**Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer**

**Fridge safe: 3 to 4 days \* Per FDA Storage Chart link in Resources**

**Freezer safe: 4 to 6 months \* Per FDA Storage Chart link in Resources**

**Reheat Instructions:**

**Microwave: Time and temp may vary.**

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

**Add your microwave time here: \_\_\_\_\_.**

**Stove Top: Time and Temp may vary.**

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

**Add your stove time here: \_\_\_\_\_.**

**Oven Directions: Time and Temp may vary.**

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

**Add your oven time here: \_\_\_\_\_.**

## Turkey and Rice

Turkey and rice is a dish that can calm an upset stomach. In this case, the fewer the ingredients, the better. It is commonly used when food allergies are suspected in humans or dogs. Before preparing for an animal, be sure and verify the exact amounts of each part of the recipe with a qualified veterinarian. This dish can be made with or without accompanying vegetables. It can be treated as individual ingredients, or a soup. White rice or brown rice can be used, though each adds a different taste and texture. Water may need to be added when reheating.

### Pre Cook Preparation:

Marinate: No

- A. Timer set to thaw meat for about 2 hours
- B. Timer set to the time to begin preparation prior to cooking
- C. Timer set for 1 hour later, when meal should be ready to eat
- D. Stay with meal to stir frequently

### Meal Adaptations:

#### Physical Accommodations:

- Cut meat to bite sized pieces before sitting down
- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

#### Visual Accommodations:

- Colored chopping boards

#### Potential Food Allergy or Intolerance:

- Pepper
- Spices
- Turkey

#### Meatless Preparation Avoid:

- Turkey
- Substitute with: \_\_\_\_\_

### Utensils:

- Chopping board
- Fork
- Paring knife
- Pot holders
- Spatula
- Spoon
- Pan:
  - 2 quart pan for rice
  - 1 quart pan for the turkey



**Ingredients:****Meat:**

2 cups of chopped turkey

**Vegetables: (leave out if cooking for food allergy)**

15 ounces of carrots

15 ounces of peas

**Other ingredients:**

Dash of salt

Spices, such as pepper, to taste

Water

**Preparation time: 10 minutes**

**Preparation:****Rice:**

1. Boil water in the 2 quart pan.
2. After water boils, add rice.
3. Stir frequently until tender.
4. Drain rice.

**Turkey:**

1. Cook turkey in 1 quart pan with enough water to cover the turkey.

**Combine:**

1. Place a scoop or two of rice on plate.
2. Add a scoop of turkey.
3. Add peas and carrots, if desired.

**Cook Temperature: Medium to low**

**Cook Time: 20 to 30 minutes**

**Servings: 2 to 4**

**Storage Solutions: Square containers in individual servings with or without vegetables**

**Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer**

**Fridge safe: 3 to 4 days \* Per FDA Storage Chart link in Resources**

**Freezer safe: 4 to 6 months \* Per FDA Storage Chart link in Resources**

**Reheat Instructions:**

**Microwave:** Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: \_\_\_\_\_.

**Stove Top:** Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: \_\_\_\_\_.

**Oven Directions:** Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: \_\_\_\_\_.

## Turkey Pot Pie

Turkey pot pie is a staple leftovers dish that many fear they can never again enjoy living a gluten free lifestyle. Several gluten free flours are available that work great for a pie crust. It's easy to make, though joining a top and bottom crust can be a challenge. Don't worry about joining the crusts. Enjoy the meal. Turkey pot pie can also be made from frozen leftovers, for a good early spring, or late fall meal. Or a great way to clean out the extra vegetables in the fridge after a long day. Frozen ones are available, as well.

### Pre Cook Preparation:

Marinate: No

- A. Timer set to thaw meat for about 2 hours
- B. Timer set to the time to begin preparation prior to cooking
- C. Timer set for 1 hour later, when meal should be ready to eat
- D. Stay with meal to stir frequently

### Meal Adaptations:

#### Physical Accommodations:

- Cut meat into bite sized pieces before sitting down
- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

#### Visual Accommodations:

- Colored chopping boards

### Potential Food Allergy or Intolerance:

- Broccoli
- Butter (lactose)
- Eggs
- Milk (lactose)
- Mushrooms
- Onions
- Pepper
- Potatoes
- Spices
- Turkey

### Meatless Preparation Avoid:

- Butter
- Eggs
- Milk
- Turkey

Substitute with: \_\_\_\_\_

**Utensils:**

- Chopping board
- Fork
- Paring knife
- Pot holders
- Spatula
- Spoon
- Pan: 2.5 quart oven safe with lid

**Ingredients:****Meat:**

- 1 pound of sliced turkey

**Vegetables:**

- 15 ounces of carrots
- 15 ounces of peas
- 15 ounces of potatoes (diced)

**Other ingredients:**

- 1 baking mix (gluten free)
  - Verify amounts of extra ingredients:
    - 1/4 cup of butter
    - 2 eggs
    - Milk, or
    - Water
- 1 tablespoon of butter
- Mushroom soup (gluten free)
- Dash of salt
- Spices, such as pepper, to taste

**Preparation time: 10 minutes**

**Preparation:****Baking Mix:**

- 1. Combine in a mixing bowl.
  - Verify package ingredients:
    - 1/2 cup of butter
    - 2 eggs
    - 1/4 cup milk, or
    - 1/4 cup water

**Vegetables:**

- 1. Open cans of:
  - 15 ounces of carrots
  - 15 ounces of peas
  - 15 ounces of diced potatoes

**Meat:**

1. Dice 1 pound of cooked turkey.

**Combine in oven safe pan:**

1. Melt 1 tablespoon of butter and cover the bottom of the 2.5 quart pan.
2. Lightly tap and spread half of the baking mix into the bottom of the pan.
3. Add:
  - 15 ounces of carrots
  - 1 can of gluten free mushroom soup
  - 15 ounces of peas
  - 15 ounces of diced potatoes
  - Dash of salt
  - Spices, such as pepper, to taste
  - 1 pound of diced turkey.
4. Add the second half of the baking mix in small spoonfuls, spreading it across the top carefully.
5. Cut 2 small squares of butter (about 4 times the width of the knife) and break into smaller squares. Sprinkle on top.
6. Cover and place in oven.

**Cook Temperature: 350 degrees**

**Cook Time: 1.5 to 2 hours**

**Servings: 4**

**Storage Solutions: Square containers in individual servings with or without vegetables**

**Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer**

**Fridge safe: 3 to 4 days \* Per FDA Storage Chart link in Resources**

**Freezer safe: 4 to 6 months \* Per FDA Storage Chart link in Resources**

**Reheat Instructions:**

**Microwave:** Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: \_\_\_\_\_.

**Stove Top:** Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: \_\_\_\_\_.

**Oven Directions:** Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: \_\_\_\_\_.

## Turkey Chili

Turkey chili is a tasty take on the winter favorite. Although it is similar to beef chili, there is the potential for more variance in flavor. Some people prefer to add more tomato base, or spices, to turkey burger. While other people prefer to add vegetables and/or chicken to their turkey chili. This is a great winter meal that can be made in large quantities easily and frozen for a later time. It can be frozen in small quantities to be used in the summer on hot dogs. While frozen, it can easily be transported in an ice chest for long distances.

### Pre Cook Preparation:

Marinate: No

- A. Timer set to thaw meat for about 2 hours
- B. Timer set to the time to begin preparation prior to cooking
- C. Timer set for 1 hour later, when meal should be ready to eat
- D. Stay with meal to stir frequently

### Meal Adaptations:

#### Physical Accommodations:

- Cut meat to bite sized pieces before sitting down
- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

#### Visual Accommodations:

- Colored chopping boards

### Potential Food Allergy or Intolerance:

- Cheese (lactose)
- Mushrooms
- Noodles (gluten)
- Onions
- Pepper
- Potatoes
- Spices
- Tomatoes
- Turkey

### Meatless Preparation Avoid:

- Butter
- Turkey

Substitute with: \_\_\_\_\_

**Utensils:**

- Chopping board
- Fork
- Paring knife
- Pot holders
- Spatula
- Spoon
- Pan: 8 quart pan with lid

**Ingredients:****Meat:**

- 2 pounds of ground turkey

**Vegetables:**

- 15 ounces of chili beans
- 2 (15 ounce) cans of dark red kidney beans
- 2 (15 ounce) cans of light red kidney beans
- 2 (15 ounce) cans of great northern beans
- 46 ounces of tomato juice
- 15 ounces of tomato sauce
- Optional:
  - 2 cups of diced onions

**Other ingredients:**

- 1 teaspoon of salt
- Spices such as pepper to taste
- Optional:
  - 2 cups of shredded cheese
  - Up to 1/2 cup of chili powder
  - 1 box noodles (gluten free)

**Preparation time: 10 minutes**

**Preparation:**

1. Chop turkey into cubes and add to 8 quart pan with lid.
2. Optionally: Use 2 pounds of ground turkey. Fry in the 8 quart pan before adding other ingredients.
3. Add:
  - 15 ounces of chili beans
  - 30 ounces of dark red kidney beans
  - 30 ounces of light red kidney beans
  - 30 ounces of great northern beans
  - Optional:
    - 46 ounces of tomato juice
    - 15 ounces of tomato sauce
    - 2 cups of diced onions
    - 2 cups of shredded cheese



1 package of gluten free noodles  
Up to 1/2 cup of chili powder  
1 teaspoon of salt

4. Stir frequently until mixture comes to a boil.
5. Lower temperature 1/3.
6. Cover, and continue to stir every 10 minutes.

**Cook Temperature: Medium to low**

**Cook Time: 1 hour**

**Servings: 10+**

**Storage Solutions: Square containers in individual servings with or without vegetables**

**Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer**

**Fridge safe: 3 to 4 days \* Per FDA Storage Chart link in Resources**

**Freezer safe: 4 to 6 months \* Per FDA Storage Chart link in Resources**

**Reheat Instructions:**

**Microwave: Time and temp may vary.**

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: \_\_\_\_\_.

**Stove Top: Time and Temp may vary.**

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: \_\_\_\_\_.

**Oven Directions: Time and Temp may vary.**

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: \_\_\_\_\_.

## Turkey Meatloaf

Turkey meatloaf has a slightly softer taste than beef meatloaf. It tends to crumble easier, especially if made in the gluten free method. It's better the second day around for a solid meatloaf. Vegetables can be cooked within the meatloaf and make it a different texture and taste. Some of the best vegetables inside a meatloaf include mushrooms, corn, peas, and diced carrots. Making it gluten free and moist is not difficult. Use gluten free rice or corn cereal, and oatmeal, in place of crackers and bread. Plenty of eggs, and a dash of corn starch will hold it together.

### Pre Cook Preparation:

Marinate: No

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Timer set for 1 hour later, when meal should be ready to eat

### Meal Adaptations:

#### Physical Accommodations:

Cut meat to bite sized pieces before sitting down

Frozen or canned vegetables can be used

Long oven mitts and oven rack puller

Sit on a stool while stirring

#### Visual Accommodations:

Colored chopping boards

#### Potential Food Allergy or Intolerance:

Eggs

Mushrooms

Onions

Pepper

Pork

Potatoes

Sausage

Spices

Turkey

#### Meatless Preparation Avoid:

Butter

Eggs

Pork

Sausage

Turkey

Substitute with: \_\_\_\_\_

**Utensils:**

Chopping board  
 Fork  
 Paring knife  
 Pot holders  
 Spatula  
 Spoon  
 Pan: 2.5 quart oven safe with lid

**Ingredients:****Meat:**

3 large eggs  
 2 pounds of turkey burger  
 1 pound of pork sausage

**Vegetables:**

6 ounces of diced carrots  
 6 ounces of corn  
 4 to 6 ounces of mushrooms  
 6 ounces of peas

**Other ingredients:**

1/2 to 3/4 cup of barbecue sauce (gluten free) (estimated)  
 1/8 teaspoon of corn starch (estimated)  
 1/2 to 3/4 cup of ketchup (estimated)  
 3/4 cup of oatmeal, (gluten free) (estimated)  
 1 cup of pounded rice or corn cereal (gluten free)  
 1/4 teaspoon of salt  
 Spices, such as pepper, to taste

**Preparation time: 20 minutes**

**Preparation:**

1. Stir together dry ingredients:
  - 1/4 teaspoon salt
  - 1 cup of oatmeal
  - 1 cup of gluten free crushed cereal (corn or rice squares)
2. Add optional:
  - 6 ounces of diced carrots
  - 6 ounces of corn
  - 4 to 6 ounces of mushrooms
  - 1/4 cup of onions
  - 6 ounces of peas
3. Add
  - 3 eggs
  - 1/2 cup of ketchup
  - 1/2 cup of barbecue sauce

4. Stir well.
5. Add:
  - 2 pounds of turkey burger
  - Optional:
    - 1 pound of sausage
6. Stir well.
7. If it is too moist, add:
  - A bit more oatmeal, or
  - Crushed cereal
  - Be careful not to get any raw meat on the packages.
8. If it is too dry, gently add:
  - A bit more ketchup, or
  - Barbecue sauce
  - About a tablespoon at a time.
9. When perfect, pour into pan.
10. Add a paper thin layer of ketchup across the top to hold in moisture.
11. Place lid on pan and then place pan into oven.

**Cook Temperature:** 350 degrees

**Cook Time:** 2 hours

**Servings:** 12

**Storage Solutions:** Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days \* Per FDA Storage Chart link in Resources

Freezer safe: 4 to 6 months \* Per FDA Storage Chart link in Resources

**Reheat Instructions:**

**Microwave:** Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
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3. Minimum 2 minutes.

Add your microwave time here: \_\_\_\_\_.

**Stove Top:** Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: \_\_\_\_\_.

**Oven Directions:** Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: \_\_\_\_\_.

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Thank you for reading Allergy Free Cooking. If you enjoyed it, please take a moment to leave me a review at your favorite online retailer and share it on social media.

Thanks!

Abby Brown

## About the Author

Abby Brown began reading at far too young an age. Her preferred reading material was nonfiction, with biographies and science being at the forefront of her library excursions.

Her ability to memorize and use all the grammar rules in school years led to working in the school library while classmates caught up. All of those rules and diagramming sentences was easy and relaxing. For many years. All is forgotten now. Except the joyful memories of preparing the library for others to use.

As an adult, gardening and preparing the garden bounty was her way to relax. To think. To make (tasty) order out chaos. Even that is gone now. May you enjoy the recipes she has gathered over the decades.



## Connect with Abby Brown

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